**THE JOLLY HOLLY JOG – SUNDAY 30TH DECEMBER 2018**

Congratulations to the ERRers who chose to run the Jolly Holly Jog, a popular 1 lap, scenic, multi-terrain undulating course of approximately 10K that is run mainly on footpaths through the magnificent Studley Royal deer park. The race is hosted by Ripon Runners; who proudly boast that the venue is probably the most scenic multi terrain race in England. The race starts and finishes on Hell Wath Nature reserve; it’s a hilly but picturesque course that leads the runners from Hell Wrath around the Studley Royal Estate with beautiful views of Ripon and the stunning surrounding countryside. Completing the course were Debbie Bland (58:32) and completing for the third time in 4 days, Annie Kisluk (1:01:48) and David Goodyear (1:02:30). Fantastic achievement!

**COLEY CANTER – SATURDAY 29TH DECEMBER 2018**

What better way to blow away those Christmas cobwebs that taking part in an 8-mile multi terrain trail race taking in some of the best trails, footpaths and hills in Puma territory. This race is run from Northowram Sports Club and covers the areas around Shelf, Norwood Green and Hipperholme.

 Hosted by Northowram Pumas, this year, all money made from the race will be donated to their charity of the year, Andy's Man Club #itsokaytotalk.

Having clearly not run off enough of their Christmas dinner at the Chevin Chase, Russell Naylor (1:10:37), Annie Kisluk (1:36:49) and David Goodyear (1:36:57) took part in this race for Eccleshill. Well done Team ERR!

**CHEVIN CHASE – WEDNESDAY 26TH DECEMBER 2018**

Celebrating the BIG 40!!! The 40th annual Chevin Chase Race with 7 Miles (approx.) challenging multi-terrain course with tough climbs out in the stunning Yorkshire countryside was the perfect race for Boxing Day. This race sells out fast every year and is included in this year’s Winter Champs.

Taking part for Eccleshill were Claire Hern (52:51), Russell Naylor (56:52), Ian Dowsland (58:40), Mick Hogan (1:12:21), Annie Kisluk (1:17:54), David Goodyear (1:18:02) and Dawn Hogan (1:19:57). Congratulations to you all!

**PECO RACE 2 TEMPLE NEWSAM - SUNDAY 16TH DECEMBER 2018**

Race 2 of this year's PECO XC series was hosted at the Beautiful Temple Newsam House by Saltaire Striders assisted by Kippax Harriers, ably marshalled with enthusiasm, this year’s slightly changed, a very undulating five and a half mile course which was extremely wet and muddy following copious amounts of rain the day before. Runners were, however, met by a sunny but chilly morning, no rain. The blue & whites of Eccleshill were represented by Julie Steele 49:57, Kathryn Lucas 71:14, Annie Kisluk 58:08, Robert Sutton 47:26, Tony Redmond 44:49, David Goodyear 56:29, Marc Steele 46:31and Mark Sutherland 42:16. Short of full teams for both we may have been but there was no shortage of team spirit! Thanks to our supporter and soup master Martin Steele.

Well done Team - bring on Race 3 - See www.pecoxc.co.uk

Date for your diary: 6th January @ West Park

**LEEDS AND LIVERPOOL CHRISTMAS CRACKER – SATURDAY 8TH – SUNDAY 9TH DECEMBER 2018**

The Leeds and Liverpool Christmas Cracker is billed as a jolly good merriment of festive fun. There were tables laden (scrooge style) with mulled wine, chocolate baubles and Christmas cake, Yum, Yum and there maybe even a plum pudding and bauble designed medal at the end. Interestingly ‘A Christmas Carol’ the famous Scrooge story penned by Charles dickens was believed to be inspired by Dicken’s stay in the Yorkshire town of Malton. Back in the early 19th century a building in Chancery Lane, Malton housed the Smithson families, law practice. As part of his training Charles Smithson spent his time in London and met and formed a relationship with Charles Dickens. Dickens spent a lot of time with the Smithson family in Malton. and it is believed that he modelled Scrooges counting house on the Chancery Lane premises. ‘Bah, Humbug’ Ebenezer Scrooge ‘Unless we make Christmas an occasion to share our blessings, all the snow in Alaska won’t make it white’. Bing Crosby

Annie Kisluk (4:22:46) and David Goodyear (5:20:44) took part in the marathon on Saturday and David completed the double by running the marathon on Sunday in 5:18:17. Congratulations on a fantastic effort!

**SKIPTON SANTA FUN RUN - SUNDAY 25th NOVEMBER 2018**

The Great Skipton Santa Fun Run and Walk is a 5km charity race and walk organised by The Rotary Club of Skipton Craven, and each year the event gets bigger and bigger. For 2018, the run moved to Skipton High Street, and it was linked in with the Christmas Light switch on later on in the day. The run takes place with the help of Skipton Town Council and 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 Charities. Taking part were Team Steele – Julie, Martin and Marc, Tricia Grant, Gemma Illingworth and Trisha Stringer. (Results TBC)

**BARNSLEY 10K - SUNDAY 25th NOVEMBER 2018**

The Barnsley 10KM Road Race is organised by Barnsley Athletics Club and has successfully run for several years attracting many top runners making for an exciting and competitive race. 498 runners took part in this year’s race on an undulating route with a few short sharp hills and one more prolonged climb at about mile 4.

**Debbie Bland completed the course in 51:10 coming second in her age category. Well done Debbie!**

**PECO RACE 1 – MIDDLETON PARK – SUNDAY 25th NOVEMBER 2018**

The first race of the 2018/19 PECO season was hosted by Hyde Park Harriers and Ackworth and took place in the grounds of Middleton Park next to the John Charles Stadium for Sport in South Leeds. The route was a challenging 4.7 miles through fields and both the East and West woods with a few short areas of tarmac path and 3 wooden bridge crossings. A really good turn out saw 11 ERRers take part with the results as follows:

Ladies Team Results:

Gillian Jago (45:13), Rhea Sutcliffe (45:20), Annie Kisluk (47:32), Lorraine McKnight (1:00:19), Kath Lucas (1:05:11)

Mens Team Results:

Mark Sutherland (38:59), Ian Dowsland (39:48), Ian Storey (40:22), Tony Redmond (41:54), Rob Sutton (43:54), David Goodyear (49:33).

Congratulations on a great team effort!

**HARDWOLDS 80 – SATURDAY 23rd – SUNDAY 24TH NOVEMBER 2018**

Starting in Hull under the Humber Bridge at 8 am on Saturday, the Hardwolds 80 route follows the Wolds Way from Hessle to Filey passing through chalk landscapes with dry valleys and stunning wildlife alongside market Towns and ancient villages such as Brantingham, Londesborough, Thixendale and the deserted medieval village of Wharram Percy, before arriving at the seaside resort of Filey.  Competitors have 24 hours to complete the 82 (ish) miles. Finishing just before 7am on Sunday morning Gareth Harland completed the course in 22hrs and 53 minutes raising a fantastic total of just over £300 for Sue Ryder and Marie Curie. Congratulations Gareth on an amazing achievement!

**PRESTON 10K – SUNDAY 18TH NOVEMBER 2018**

This established trail running festival is now in its 2nd year and getting bigger and better every time. The event starts and finishes in the grounds of the magnificent Kirkstall Abbey which is set on the banks of the river Aire and is one of the most complete examples of a medieval cistercian Abbey in Great Britain. 12 monks from Fountains Abbey, (also in Yorkshire), set up their community in Kirkstall in 1152 and remained until the dissolution in 1539. If anyone saw the live BBC 3 event 2011, Frankenstein’s wedding, that was filmed at the Abbey. The Kaiser Chiefs have also played 2 concerts to an audience of 10,000 within the Abbey grounds. Another interesting fact is the ongoing rumour that Kirkstall Abbey has a secret tunnel, leading from the Abbey to elsewhere. This really is a glorious running area only 2 miles from the centre of Leeds. ‘Be careful, tha dun’t ger lost, nub di will cum luckin for thee’.

Debbie Bland completed the race on 1:22:51 finishing 1st in the FV65 category. (Philip was not impressed with the prize of leggings as ‘they didn’t fit him and weren’t really his colour’!). Well done Debbie!

**KIRKSTALL ABBEY TRAIL RUNNING FESTIVAL – SATURDAY 15TH NOVEMBER 2018**

This established trail running festival is now in its 2nd year and getting bigger and better every time. The event starts and finishes in the grounds of the magnificent Kirkstall Abbey which is set on the banks of the river Aire and is one of the most complete examples of a medieval cistercian Abbey in Great Britain. 12 monks from Fountains Abbey, (also in Yorkshire), set up their community in Kirkstall in 1152 and remained until the dissolution in 1539. If anyone saw the live BBC 3 event 2011, Frankenstein’s wedding, that was filmed at the Abbey. The Kaiser Chiefs have also played 2 concerts to an audience of 10,000 within the Abbey grounds. Another interesting fact is the ongoing rumour that Kirkstall Abbey has a secret tunnel, leading from the Abbey to elsewhere. This really is a glorious running area only 2 miles from the centre of Leeds. ‘Be careful, tha dun’t ger lost, nub di will cum luckin for thee’.

Following on from back to back marathons only the weekend before, Annie Kisluk finished 1st Lady in a time of 3:59:56 and David Goodyear finished in 4:51:04. Congratulations to you both.

**THE GRIM FOUR BY FOUR – SATURDAY 10TH & SUNDAY 11TH NOVEMBER 2018**

A challenging marathon event for 'It’s Grim up North Running’, four wonderful days of marathon running around Fewston and Swinsty reservoir. The perimeter of Fewston is one of the best of all the reservoirs in the Leeds and Harrogate Area. the views of the immediate countryside are virtually unobstructed, in contrast the sheltered path of the neighbouring Swinsty is enclosed by walls and will provide a welcome break from the elements.

The combination of these trails provides four exhilarating days of marathon running. Those building up their stamina may join us for the full four days, others may choose to come and run just one marathon (or two), either way we will ensure you are looked after by the ‘Its Grim Up North Running Team’.

3 ERRers took on the challenge of running back to back marathons on days 3 & 4 of this event. On day 3 Ian Storey completed the course in 4:31:23, followed by Annie Kisluk (2nd place female) in 4:32:33 and David Goodyear in 5:10:23. On day 4 Annie turned the tables on Ian storming in to take 1st place female in 4:27:21, followed by Ian (4:37:57) and David in 5:20:17. Well done to you all on a fantastic achievement.

**RUN BOLTON ABBEY 10K – SUNDAY 11TH NOVEMBER 2018**

Run Bolton Abbey consists of a 10K, 10 mile, half marathon race and a 2 mile fun run on stunning trail routes on areas of the beautiful estate not normally accessible to the public. Bespoke medal and chip timing, all proceeds to Sue Ryder Manorlands Hospice.

Taking part in the 10k were Gemma Illingworth (1:06:28), Vicky Cousins (1:07:49), Gillian Brown (1:41:48). Mark Sutherland completed the 10-mile course in 1:27:39 and Rhea Sutcliffe completed the Half Marathon in 2:54:33. Well done!!

**DALBY DASH 10k – SUNDAY 11TH NOVEMBER 2018**

Dalby Dash  a 10k run in aid of Help the Heroes, a route that will take runners round a course along good tarmac and lime stone tracks throughout the Great Dalby Forest, After the 2 minute silence at 11:02 the race began from the Dalby Forest Visitor Centre down through to Lower Dalby and the up and up a steep track to Kings & Queens, level running for a bit along the top before a start right turn which takes runners down a fast and furious decent through the forest allowing runners to take advantage and make up any their time, at the bottom, it’s a right turn on a undulating track along the beck for the final sprint finish at Lower Dalby. With one Member Brian Perfitt taking part finishing in good time 55 minutes and 7 seconds.

**LAS VEGAS MARATHON – SUNDAY 11TH NOVEMBER 2018**

The Rock 'n' Roll Las Vegas Marathon & 1/2 Marathon is an annual marathon foot-race run on the Las Vegas Strip and in parts of the Las Vegas Valley, Nevada. The 26.2-mile race is one of the oldest marathons in the United States, having been run since 1967. Sarah Myers completed the race in 5:11:17.

**AGE UK LEEDS ABBEY DASH 10k – SUNDAY 4TH NOVEMBER 2018**

10 Road Runners took on this year’s race on a flat course coupled with perfect conditions for running. 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.

Completing the race were Marc Steele (47:56), Gemma Illingworth (49:15), Julie Steele (51:42), Brian Perfitt (52:50), Stuart Wagstaff (53:06), Lorraine McKnight (1:03:13), Trisha Stringer (1:08:22), Annie Blakey (1:09:05), Angela Storey (1:25:49) and Caroline Ward (1:31:05). Well done everyone.

**GUY FAWKES 10 – SUNDAY 4TH NOVEMBER 2018**

Whilst a number of our club were busy dashing around Kirkstall Abbey, seven Eccleshill road runners opted for this very popular hilly 10 miler which is a course run on a mixture of scenic country roads and well surfaced bridleways finishing in the stunning grounds of Ripley Castle. Organised by Nidd Valley Roadrunner, all finishers received a goody bag stuffed with chocolate 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.

Completing the race were Claire Hern (1:14:37), Ian Stow (1:21:45), Ian Storey (1:23:55), Debbie Bland (1:27:23), Tony Redmond (1:26:45), Rhea Sutcliffe (1:38:55) and Barbara Stow (1:59:33). Well done to you all.

**BRADFORD CITY RUNS (VARIOUS DISTANCES) – SUNDAY 28TH OCTOBER 2018**

This race is split into four separate categories, meaning all members of the family can get involved!

There was a 5km, 10km and half-marathon race, plus a kids race, with the action getting underway at 9:15am on the Sunday morning. The annual festive of running was held on traffic-free, closed roads around City Park and the city centre of Bradford. Bradford City Runs proudly supports The Plastic Surgery and Burns Research Unit (PSBRU), and those taking part in the race are actively encouraged to raise money for the unit through sponsorship should they wish.

Trevor Rhodes completed the 10K in 46:14, Anne Blakey in 1:07:44 and Caroline Ward in 1:11:19. Paul Croston completed the Half Marathon in 1:56:03. Well done everyone.

**WISTOW 10K – SUNDAY 28TH OCTOBER 2018**

The Wistow 10K is the Selby Striders’ biggest event of the year. This year it took place on Sunday 28th October 2018 over a flat, fast course – it is organised by runners for runners, and is a genuine personal best race.

Taking part for Eccleshill was Debbie Bland, completing the course in 50:31. Well done Debbie

**HUBBLE BUBBLE (VARIOUS DISTANCES) – SUNDAY 28TH OCTOBER 2018**

Witches were a bit like cats. They didn't much like one another's company but they did like to know where all the other witches were, just in case they needed them. And what you might need them for was to tell you, as a friend, that you were beginning to cackle. TERRY PRATCHETT, A Hat Full of Sky

An out and back Halloween race from Kirkstall covering various distances along the Leeds Liverpool canal.

Taking part in the 10K was Ann Buckley, finishing in a time of 1:12:44. In the Half Marathon – Gemma Illingworth (1:53:55 – PB), Debbie Merckx (1:57:35), Ian Storey (1:57:36), Jacqueline Bywater (2:03:57). In the 20 Miler – Gareth Harland (2:49:35), Sarah Rawlings (3:26:57), Sarah Myers (3:37:41) and in the Marathon – Annie Kisluk once again took 1st Lady (3:57:51) and David Goodyear (4:49:41). Well done everyone and thanks to those who came to support.

**ST AIDENS HALF MARATHON – SUNDAY21ST OCTOBER 2018**

Just like the East Leeds 10K, but more so! This is the trail half marathon that takes you round not one, but two nature reserves! Building on from the success of the East Leeds 10K, the organisers now bring you a trail half marathon that starts (and finishes) at St Aidan's RSPB nature reserve but also takes in Fairburn Ings RSPB nature reserve. The course starts close to the RSPB visitor centre at St Aidan's Nature Reserve and follows the River Aire for a spin around Fairburn Ings before returning back to St Aidan's.

Debbie Bland took part in the inaugural race finishing in a time of 1:59:22. Well done Debbie!

**BRAMLEY 10K – SUNDAY21ST OCTOBER 2018**

The first mention of Bramley comes in the Domesday Book compiled for William the Conqueror in 1086. The Bram part of the name occurs in several other Yorkshire village names such as Bramhope and Bramham. In Old English (the language of the Anglo-Saxons) it signifies the broom plant. Ley means a clearing. It would seem therefore that Bramley started out life as 'a clearing covered with broom'. In recent years the town has been referred to ‘as the village that disappeared’, the demolition of many historic buildings left many of the local residents unhappy, with a feeling of disappointment that the true character of the town had been lost for ever. Despite the change in the buildings and appearance of the town what has remained is the true gritty character of genuine Yorkshire folk and the friendly feeling. ‘Thas run thee 10K na Sit thissen dahn’

This Grim Up North race is a two lap course run on roads starting and finishing at Bramley Park in Leeds. Taking part for Eccleshill were Ian Storey (48:16), Annie Kisluk (49:11), Vicky Cousins (52:05), Julie Steele (52:32), David Goodyear (54:24), Mick Hogan (55:39), Debra Grant (58:02), Dawn Hogan (1:02:08), Angie Storey (1:13:34). Well done everyone!

**SHAUN LEE JOHNSTONE MEMORIAL 10 – SUNDAY21ST OCTOBER 2018**

The Shaun Lee Johnstone Memorial 10 is a wonderful 10 mile off road race held annually around the fields, narrow farm tracks and bridleways just south of Boroughbridge off the old York Road (168).

The race starts on a short stretch of tarmac and then soon goes onto typical farm trails with runners running single file on the two tractor tyre tracks. Onto a narrow single track with high trees bushes and hedgerows where overtaking is difficult and back along wider path where the ‘lake’ , a large puddle easily passed then through a gate where the supportive farmer had thankfully removed the bull and cows the day before and onto the pasture at two miles in (all miles were clearly marked), across a small ditch, round a copse of tree and back through the gate we had come through. Through a farm with the farmer his family and ever-present Lyons club members handing out water and back onto more farm trails. Much the same beautiful Yorkshire landscape follows until runners were again going back through the farm for more water through the gate again, back over the ditch round the copse of trees again and hard to the finish at the farm. Water and medal handed out at the end.

Sarah Myers was the lone ERRer at this race, completing it in a time of 1:42:53

**YORKSHIRE 3 PEAKS ULTRA – SATURDAY 20TH OCTOBER 2018**

The Yorkshire Three Peaks Ultra starts in Hawes and takes in all three peaks with an intended distance of 43m. This race report is by Gareth Harland who took part in this event.

The race start in Hawes took just under two hours to get to the traditional start of the route by Ribblehead and I was back off the last mountain at 6pm ish so all was going to plan at this point, I even managed a swift one in a pub en route with a Vaseline pit stop. This is where it started to go wrong and no doubt its kind comical when people are watching the tracking screens to see me wondering here/there off route.

I was wandering somewhat aimlessly when I could start to see some lights of a railway station in the distance so I made a bee line for these as earlier in the day on the run out the checkpoint was there. I crossed a bog as the sun was setting so once at the other side, I stopped to assess things - stripped to my shorts to get my base layers on and a random guy came out of the undergrowth! Was a shock that’s for sure.

This guy was walking from Otley to Windermere and stopping/camping whenever he wanted en route. He was aiming for Ribblehead so we headed there together even though I knew it was wrong direction for me but fear of being taken out for not passing a check point kept me going. Arrived there NO CHECKPOINT .... wasn't best happy so set off the other way cursing anyone and everyone ...

Finally, a road marker for Hawes so I know from earlier I need to veer off onto a roman trail called the cam road and it's plain sailing from here in - or not. Fog set in - visibility down to arm’s length and the headtorch bouncing the light back making it worse so from here on in I was going in every direction but the right one.

I knew I wasn't last at this point but someone had banged a metal gate so I quickly headed that way hoping to come across people - they had gone but thinking this must be the right direction I continued on.

Passed the last checkpoint - hot choc and water refills and I am off again - 5mins later the headtorch dies inc. spare battery so I resort to the emergency phone battery pack and iPhone torch to get me down this trail/road. I can see town lights and a main road in the distance so figure I should head down there. When eventually I get there a Marshall pops up and says loads goes wrong on this track, then he says.... if you continue down to the road it's a DNF!!! 2m to go I wasn't going to accept that so again cursing and muttering I went back the way I came to a hidden fork in the road I had missed in the fog. Finally found the way back to base in Hawes with an additional 5/6m on top of what should have been a straight forward event.

Started at 9am sat - finished at 1.12am today. Maybe one to re do next year - won't be rushing to book.

**YORKSHIRE MARATHON AND 10 MILE – SUNDAY 14TH OCTOBER 2018**

The Yorkshire Marathon has established itself as one of the highlights of the North's sporting year. This popular and picturesque run, with fantastic PB potential, takes participants past some of the beautiful city of York's splendid historic sites and along scenic country lanes, making it an attractive prospect for runners of all abilities. The course itself mixes a nice balance of urban and rural areas with pockets of supporters throughout and takes in the villages of San Hutton, Stamford Bridge, Gate Helmsley and Dunnington as well as the sites of York City Centre. Completing the Marathon were Gemma Illingworth (3:57:33 – PB), Marc Steele (3:57:54 – PB), Annie Kisluk (4:06:48) and David Goodyear (4:25:17)

Taking place on the same day as the full 26.2 mile Yorkshire Marathon, the Yorkshire 10 Mile shares many of the highlights of the Marathon with the added bonus of only having to run 10 miles – often referred to as ‘the perfect racing distance’. Completing the 10 Mile were Tony Redmond (1:20:38 PB), Simon Lacey (1:27:36 – 1st 10 Mile Race), Julie Steele (1:29:43), Martin Steele (1:29:44), Justyna Kurkowska-Bies (1:31:45 – 1st 10 Mile Race), Lorraine McKnight (1:44:10 – PB), Gillian Brown (1:49:14), Anne Blakey (1:55:13), Angela Storey (1:56:37 PB), Caroline Ward (1:57:51).

Congratulations to everyone on a fantastic set of results and thanks to all the supporters who cheered everyone in on a very wet and miserable Sunday.

**BEESTON 10K – SUNDAY 7TH OCTOBER 2018**

Beeston is first mentioned in the Domesday Book as Bestone, which comes from the Old English, ‘Bent Grass’. In the medieval period Beeston was associated with sheep farming and the monks of Kirkstall Abbey grazed 240 sheep there. Beeston is of course home to Elland Road and was formley the home of the Waddington family, the board and card manufacturer ‘monopoly’. Don't go ta jail. Go directly ta Beeston. Pass finish an' collect tha' medal. The 10K race was held in Cross Flatts Park and Annie Kisluk (51:52) and David Goodyear (55:14) took part. Well done both of you!

**BRIDLINGTON HALF MARATHON – SUNDAY 7TH OCTOBER 2018**

The Bridlington Half Marathon was first held in 1983, and returned for 2018 with hundreds of runners expected to take part. For many years, it has been staged by members of Bridlington Road Runners so other runners from far and wide can take in the spectacular coastal views in our region. The race starts and finishes on the main promenade near to the Leisure Centre and heads out towards Flamborough before turning towards Bempton. Runners then turn and head back towards Bridlington via Sewerby Park. Marc Steele finished first for Eccleshill in a new PB time of 1:43:30, followed by Tony Redmond (1:50:50), Debbie Bland (1:51:33), Julie Steele with a season’s best time of 1:55:42, Abbie Cheetham (1:59:00), Sarah Rawlings with a season’s best time of 1:59:46, Martin Steele (2:07:03), Brian Perfitt (2:14:15) and Angela Storey (2:52:40). A good day out was had by all on the annual club trip and a big thanks to everyone who came along to support the runners.

**CHESTER MARATHON – SUNDAY 7TH OCTOBER 2018**

Chester Marathon was back for its 9th year and has developed a fantastic reputation with runners of all levels and abilities. Runners can expect some fast times over this stunning PB marathon course on closed roads covering 19 miles in England and 7 miles in Wales. The route takes in all of Chester's iconic landmarks (Roman Walls, Cathedral, Medieval Rows, Eastgate Clock, Amphitheatre) before heading out to the stunning Cheshire and North Wales countryside and villages; returning alongside the River Dee for an unforgettable finish at the Racecourse. The support in the villages and communities along the course is one of the many highlights of the race. Ian Storey completed the race in 4:05:57 followed by Sarah Myers with an unexpected new PB of 4:33:19.

**LITTLEBOROUGH 10K – SUNDAY 30TH SEPTEMBER 2018**

This weekend saw the first ever Beckbusters 10k take place in the picturesque village of Bishop Monkton. The race takes a circular route that starts on road before heading alongside the River Ure. It then follows a route beside the canal, which includes the pretty village of Littlethorpe, before heading back across country to Bishop Monkton. The race finishes with a run through the beck. Mick and Dawn Hogan ventured across the Pennines with Mick finishing in 54:50 and Dawn in 1:00:15. A fantastic set of results!

**BECKBUSTERS 10K – SUNDAY 30TH SEPTEMBER 2018**

This weekend saw the first ever Beckbusters 10k take place in the picturesque village of Bishop Monkton. The race takes a circular route that starts on road before heading alongside the River Ure. It then follows a route beside the canal, which includes the pretty village of Littlethorpe, before heading back across country to Bishop Monkton. The race finishes with a run through the beck. Debbie Bland took part (supported as always by Philip and Dolly), finishing in a time of 53:52. Well done Team Bland!

**PONTEFRACT HALF MARATHON – SUNDAY 30TH SEPTEMBER 2018**

Pontefract Half Marathon returned for its 2nd outing this weekend. Starting at the Cornmarket in Pontefract town centre, the route takes you out of the town and into the beautiful surrounding countryside. The course then heads through Ackworth, Wentbridge and Carelton before heading back towards the town. One final lap of the town centre takes runners to the finish on the cobbles of the Market Place. Sarah Rawlings completed the race on 2:00:44 – congratulations!

**RESERVIOR DOGS – SATURDAY 29TH SEPTEMBER 2018**

Reservoir Dogs is a tour around 7 of the reservoirs that serve the Leeds area, starting with Lindley Wood Reservoir in North Yorkshire, the route then goes to Swinsty and Fewston Reservoir before heading over to John O’Gaunt, Beaver Dyke, Scargill Reservoirs before returning to West Yorkshire via Stainburn Forest and Almscliffe Crag to Eccup Reservoir before finishing in Pool-in-Wharfedale. For the shorter race you return straight back to Pool-in-Wharfedale before Eccup Reservoir. Completing the 43km course for Eccleshill were the amazing duo of Annie and David Goodyear, both finishing in a time of 6:04:15. Amazing achievement!

**SPECIAL OLYMPICS, BIRMINGHAM – SATURDAY 29TH SEPTEMBER 2018**

Sam Robinson competed in a Special Olympics national championship event in Birmingham. It was his first time at such an event. Athletes are categorized according to their previous best times/predicted times. Sam competed in a 1500m race, coming second in 7 mins 17.8 seconds. It was his first race in the stadium and he was more focused on getting cheers, so could have gone a lot faster. He then ran the 800m, finishing fifth in 3m 31.5 secs. Finally, he was in a 4x100 m relay, where he was on the final leg. He received the baton in first place, just, and Liz worried he would lose it for his team, getting distracted by the crowds, and not really being a sprinter! But he came good and flew to the finish line, extending the teams lead! Amazing achievements Sam, we’re all very proud of you!

**KIRKSTALL ABBEY 7 – SUNDAY 23RD SEPTEMBER 2018**

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 follow before heading back to the finish at the Abbey. A good turn out for Eccleshill saw Russell Naylor finishing first for the Blues in 51:01 followed by Ian Stow (53:05), Ian Storey (55:42), Debbie Bland (59:41), Annie Kisluk (59:47), David Goodyear (1:03:38), Barbara Stow (1:21:06) and Angela Storey (1:26:12). Well done to you all!

**56. BIEG WESTERPLATTE, GDANSK – SUNDAY 23RD SEPTEMBER 2018**

Taking place in Gdansk, one of Poland’s most beautiful cities, around 4000 runners took part in the 56. Bieg Westerplatte 10K. This year’s race commemorated the 100th Anniversary of Polish independence and is one of the oldest 10Ks in Poland. The race starts at the monument to the defenders of the coast in 1939 in Westerplatte and finishes at the European Solidarity Centre next to the entrance to the Gdansk shipyards. Justyna Kurkowska-Bies took part in the race completed it in a fantastic time of 54:28. Congratulations on your result!

**ENGLISH HALF MARATHON – SUNDAY 16TH SEPTEMBER 2018**

2018 saw the 10th anniversary of the English Half marathon in Warrington, Cheshire. The race starts in Winmarleigh Street in the town centre before heading out across Bridgefoot and through Grappenhall and Appleton Thorn. The second half returns to the town and for the second time took in the spectacular Golden Gates finish which was much better organised than 2017! There was an all ladies team taking part in this year’s race: Gemma Illingworth (1:55:50), Gillian Brown (2:29:11), Lorraine McKnight (2:21:53), Sarah Myers (2:13:20) and Vicky Cousins (2:02:21). The ladies also took part in the Wire FM Mile afterwards. This is not a chipped race so there are no times to report but everyone ran together. Fantastic effort team!

**SPEN GREENWAY – SUNDAY 16TH SEPTEMBER 2018**

The Spen Greenway 10k is a 6 mile race on tarmac from the Princess Mary Athletics Track at Spenborough near Cleckheaton. Starting on the Greenway 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. Mick Hogan (54:36) and Dawn Hogan (59:24) took part in the race with a fantastic set of results. Well Done Guys!

**LANCASTER MARATHON – SUNDAY 16TH SEPTEMBER 2018**

The Lancaster Marathon is a small but competitive marathon aimed at every type of runner from your PB hunters to your first timer. The course is billed as superfast with just one small hill to contend with. Runners can expect to be cheered on by friendly marshalls throughout the course and the spectators along the home straight to the race finish in the glorious setting of the Lancaster Castle gates. Annie Kisluk completed the course in 3:52:14 and David Goodyear finished in 4:48:35. Great effort yet again from this amazing team!

**HARDMOORS 60 – SATURDAY 15TH SEPTEMBER 2018**

The Hardmoors 60 is a 62 mile race on the coast from Guisborough to Filey. The route of the 62 mile race follows the second half of the Hardmoors 110, along the beautiful Cleveland Coast, through Saltburn, Runswick Bay, Staithes, Whitby, Robin Hoods Bay, Ravenscar, Scarborough and into the finish location, the seaside resort of Filey. Competitors have 18 hours to complete the course. Gareth Harland took part completing the course in a fantastic 17:37:01. Amazing achievement – well done Gareth!

**YORKSHIREMAN HALF MARATHON – SUNDAY 9TH SEPTEMBER 2018**

Annie Kisluk (3:08:42) and David Goodyear (3:09:27) both took part in the 25th Yorkshireman Half Marathon. The race starts on Main Street in Haworth. From there runners bear right along cobbles and through Sun Street towards Penistone Hill. After a brief uphill section, they pass the cricket ground and along Lee Lane to the nearby reservoir. The next four miles are on tarmac, over a stream and across an open moor to Withens Pub. The route continues across countryside, passing near Gatehouse and via Houghgate and Brookhouse reaching the halfway mark at the junction with the A629. The inward half starts along a footpath to Denholme Beck. Under a railway bridge to a reservoir, through allotments and over a viaduct, the route carries on through forest and across moorland to Hainsworth Village. From there, runners pass along Black Moor Road, the nearby farmhouse and onto Penistone Hill. Then the last 1.2 miles onto the finish line. Annie finished in 3:08:42 and David in 3:09:27. Another great set of results!

**VALE OF YORK HALF MARATHON – SUNDAY 9TH SEPTEMBER 2018**

The Vale of York Half Marathon is a fast, flat, PB loving half marathon in aid of Sue Ryder. To celebrate the 5th anniversary, the race started on a real runway. Sherburn Aero Club closed the airfield to traffic to allow runners to tax it to start and take off for 13.1 flat miles on scenic closed roads south of York. For the novice runner this is the perfect introduction to a longer distance and for the more seasoned runner it is a genuine PB opportunity. Mark Sutherland came home first for Eccleshill in 1:46:01 followed by Rob Sutton (1:47:03), Debbie Bland (1:53:58), Simon Lacy (1:55:59), and Umar Khan (1:56:58). Well done to you all!

**CALVERLEY SCHOOL RUN – WEDNESDAY 5TH SEPTEMBER 2018**

Calverley Church of England School in association with It’s Grim Up North Running held their first school run on a pleasant autumn evening. The race consisted of either a 5 or 10k and was to help to raise money for the school to increase their sports and PE provision. The race took in many paths familiar to ERRers on their summer training routes starting at the school and heading into the woods before turning down Clara and Eleanor Drives. At the bottom of Eleanor Drive runners crossed the bridge on Parkin Lane and headed to the steps down to the canal before continuing past the marina to the swing bridge. From the swing bridge you headed back to the main road past the George & Dragon and back onto the canal in the direction of Rodley. Just passed the Railway Inn the route headed up onto the Ring Road before heading right at Rodley roundabout and up back to the school along Leeds Road for the obligatory Grim Up North cake fest. There was a good turn out from Eccleshill with Russell Naylor finishing in 45:02 followed by Ian Storey (48:23), Julie Steele (53:46), Marc Steele (53:51) was yet again beaten by his mum, Martin Steele (53:58), Vicky Cousins (55:16), Stuart Wagstaff (57:23), Sarah Myers (58:24) and Debra Grant (1:01:08). Great running team and thanks to everyone that came out to support!

**WETHERBY 10K – SUNDAY 2ND SEPTEMBER 2018**

Now in its thirteenth year the Wetherby 10k returns again to the Racecourse on a hot Sunday afternoon. Since its inception the race 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. Whatever your ability there is a warm welcome from the organisers at Wetherby Runners AC. 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. 11 ERRers took part this year - Ian Storey (48:55 – he wants me to tell you it’s a race PB!), Annie Kisluk (51:37), Debbie Bland (55:15), David Goodyear (56:34), Mick Hogan (57:31), Vicky Cousins (1:00:27), Dawn Hogan (1:02:03), Rhea Sutcliffe (1:04:03), Sarah Myers (1:08:30), Lorraine McKnight (1:12:26) and Angela Storey who finished despite a knee injury which needed post-race medical attention (1:29:11). Congratulations to you all!

**THOLTHORPE 10K – SUNDAY 2ND SEPTEMBER 2018**

The Tholthorpe 10K is now in its 24th year and is a well-respected friendly event, attracting entrants from a wide area. Promoted by Easingwold Running Club, the attractive, well marshalled course passes through local countryside and finishes on the Village Green by the duckpond. Sarah Rawlings took part in this year’s race, completing the course in fantastic 55:33. Well done Sarah!

**LAKELAND TRAILS – SATURDAY 1ST SEPTEMBER 2018**

Starting and finishing in Fitz Park, Keswick, the 15km Derwentwater Trail Challenge is a circuit along well marked and marshalled footpaths and bridleways. The race has panoramic views of the lake and the surrounding peaks of Skiddaw and Blencathra and the northern fells. Underfoot conditions are generally good for those used to trail running but runners should expect a bit of everything! The course has no stiles so there is nothing but hills and the infamous Glenderterra bogs to break up the rhythm. A carnival atmosphere is guaranteed for both spectators and competitors, with live music, race commentary, food and drink all available at the start and finish. This race has a family-friendly, festival atmosphere and some amazing trail running! Warming up for Wetherby the next day were the unstoppable duo of Annie Kisluk (1:51:06) and David Goodyear (1:52:49). Fantastic achievement!

**BURNSALL 10 MILE ROAD RACE – SATURDAY 25TH AUGUST 2018**

A recent addition to the existing Fell Race the Burnsall 10 miles road race is a challenging, scenic fixture in many prominent runners’ calendars. The race covers an undulating course through Harlington, Hebden, Grassington, Linton and Thorpe, starting and finishing on the Burnsall Village Green. Rob Sutton (1:22:37) and Debbie Bland (1:29:08) took part in this year’s race. Great results!

**WHITWORTH TRAIL MARATHON – SUNDAY 19TH AUGUST 2018**

This was the first time out for the Whitworth trail marathon which would have taken in some stunning views over Rochdale had the weather not been so miserable and wet. The route included lots of very gruelling inclines and very few downs. Running across streams and rivers did not dampen the competitors’ spirits neither did the fact someone thought it amusing to move the route markers causing most of the competitors to run 28 miles including Ian Storey who was very happy with 11th overall finisher out of 29 runners and 9th man in 5 hours 46mins 35 secs. The winning time was 4 hours 21 mins 21 secs and the last person was 7 hours 33 minutes - definitely not a pb course so well done Ian!

**THE SESSAY SWIFT 6K – WEDNESDAY 22ND AUGUST 26TH 2018**

The seventh Sessay Swift 6k organised by Thirsk and Sowerby Harriers is a flat, fast 1-lap course based on the attractive village of Sessay near Thirsk in North Yorkshire. Sessay is an ancient settlement mentioned in the Domesday Book and lies half way between Thirsk and Easingwold around 16 miles north of York. Debbie Bland took part and completed the course in a time of 30:33. Great effort Debbie!

**PUNK PANTHER URBAN LEGEND – SUNDAY 12TH AUGUST 26TH 2018**

the Urban Legend Ultra is substantially offroad, but takes you right near to the heart of Leeds visiting many of the public greenspaces during the course. It is based on the North West Leeds Greenway. Starting in Otley climbing sharply over the Chevin via Suprise View to Guiseley, Yeadon, Rawdon, Horsforth, Hawksworth Wood, Kirkstall, Burley Park, Headingley, Hyde Park then along the Meanwood Valley Trail through Adel Woods to Eccup Reservoir, Golden Acre Park, Paul’s Pond, Cookridge, Bramhope back into Otley, before finishing in Pool-in-Wharfedale. Taking part in the 57km (36 mile) race were Annie Kisluk and David Goodyear, both finishing in a time of 8:25:47 and in the 66km (41 mile) race Gareth Harland finished in 9:29:01. Absolutely amazing set of achievements – well done to you all.

**ASKERN 10 MILE – SUNDAY 12TH AUGUST 26TH 2018**

Organised by Askern District Running Club and held annually on the second Sunday in August the Askern 10 mile is a tough but rewarding course. This race has been going for over 30 years and is billed as a good way to get ready for the Autumn half marathon season. Representing Eccleshill were Claire Hern (1:10:14), Rob Sutton (1:24:08) and Sarah Rawlings (1:32:10). Well done to you all.

**THE ARTHUR JAMES MEMORIAL RELAY – SUNDAY AUGUST 26TH 2018**

As is tradition the August Bank Holiday weekend saw the annual staging of the Arthur James memorial Relay.  With 12 runners making up the 4 teams (despite Ian’s concerns that Sarah might make him run twice) and a merry band of volunteers all eager to do their bit the event kicked off at 9:30am. The route is approximately 3 mile and the 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 and the usual friendly rivalry was there in abundance. The memorial shield was presented to the winning team by Arthur’s daughter-in-law Kim concluding a perfect finish to a great morning. The Teams and finishing times were as follows…

Garry Ellison – 22:30, Justyna Kurkowska-Bies – 26:25, Umar Khan – 27:19              Total – 01:16:14 (Team 1)

Lorraine McKnight – 31:16, Gareth Harland – 21:00, Marc Steele – 22:44                   Total – 01:15:00 (Team 2)

Debra Grant – 28:10, Ian Storey – 23:05, Basit Khalid – 36:45                                     Total – 01:28:00 (Team 3)

Debbie Bland – 26:54, Julie Steele – 25:29, Chris Stanhope – 26:38                           Total – 01:23:20 (Team 4)

Congratulations to Lorraine, Gareth and Marc on winning the shield (Team 2).

A special mention to Kim James, Vicky Cousins, Philip Bland, Sarah Rawlings, Angela Storey and Alison Hartley for your help and to everyone who came to support!

**FLEETWOOD HALF MARATHON – SUNDAY 20TH AUGUST 2018**

Debbie Bland headed across to the other side of the Pennines to take part in the Fleetwood Half Marathon.  This is a popular race organised by the Flyde Coast Runners and it is described as the perfect race for runners of all abilities with a fun and friendly atmosphere.  The race starts behind the marine hall gardens and runs along Fleetwood’s outer promenade and esplanade offering great views over Morecambe Bay.  There were some issues with the race this year which meant Debbie actually ended up running over 15 miles (starting her training early for next year’s London Marathon!) and unfortunately prizes were not given out despite her FV65 1st place.  Debbie’s time was 2:06:13 according to the official results which is a fantastic result over 15 miles – well done!

**THE CALVERLEY CHASE TRAIL RUN – WEDNESDAY 15TH AUGUST  2018**

Organised by Farsley Flyers, this self-guided trail race of approximately 10.5k started from the Calverley Arms and rewards entrants with a £2 voucher to use in the pub afterwards. The potential to add extra miles and get lost on this run cannot be underestimated and you can’t rely on the person in front to know where they’re going!  Team Eccleshill stuck together for this race, relying on the navigational talents of Ian Dowsland who crossed the finish line with Julie Steele in 1:04:45. Mark Steele (who must be a new member as I only know Marc) finished in a time of 1:04:55 closely followed by Martin Steele in 1:05:00.  Congratulations on a great team effort!

**DUBLIN ROCK N ROLL WEEKEND (5K AND HALF MARATHON) – 11TH & 12TH AUGUST  2018**

This year saw revised routes for both race distances at the Dublin Rock ‘n’ Roll weekend.  The 5k on the Saturday has moved from Phoenix Park and now starts and finishes near to St Brendan’s Hospital taking in the city centre roads close to the Jameson Distillery.  The half marathon now starts near the huge Royal Hospital Kilmainham and heads into the city centre via St James’s Gate brewery.  Taking in the Old Dublin City Wall, the route then heads towards along banks of the River Liffey before crossing the river and heading along the bottom of Phoenix Park to the Farmleigh Woods area of the city.  Turning back towards the city centre, passing through Strawberry Beds, runners return along the bottom of the park before turning right and heading past the Irish National War Memorial Park and Kilmainham Gaol before reaching the finish at the Irish Museum of Modern Art.  As usual there were plenty of bands to entertain runners along the route.  Gillian Jago wore the blue of Eccleshill for the 5k finishing in a time of 26:11 and Gemma Illingworth completed the half marathon course in a fantastic 1:57:13. Congratulations to you both!

**THE ROCKY HORROR PICTURE SHOW TRIBUTE MARATHON – SUNDAY 12TH AUGUST 2018**

The unstoppable team of Annie Kisluk and David Goodyear ‘time warped’ to Shrewsbury to take part in the Rocky Horror Picture Show Tribute Marathon.  (For those of you too young to remember, The Rocky Horror Picture Show tells the story of a newly engaged couple getting caught in a storm and coming to the home of a mad transvestite scientist, Dr Frank-N-Furter. He unveils his new creation, a sort of Frankenstein-style monster in the form of an artificially made, fully grown, physically perfect muscle man named Rocky Horror, complete “with blond hair and a tan”.)  Anyway, this event is a feat of physical and mental endurance as the race is multiple laps of Shrewsbury’s purpose-built cycle track.  It is also fast with 75% of the field achieving personal best times last year. This is billed as a very sociable event with music and many of the runners taking part in fancy dress however club kit was the order of the day for David and Annie. (David later posted on the ERR Facebook page that he couldn’t find any fishnets to fit him!).  Annie finished in a time of 4:15:52 and David in 4:47:26.  Well done on another fantastic achievement!

**FIREFIGHTERS 5 – SUNDAY 12TH AUGUST 2018**

The 2018 Firefighters 5 (formerly West Yorkshire 5) was once again hosted by West Yorkshire Fire Service and the Bradford Airedale Athletics Club.  The course this year was changed slightly from previous events with two short laps of the WYFRS HQ, before heading out on the normal route.  The route is best described as hilly with approximately 2.5 miles going upwards, approximately 2 downwards and if you blink you may miss the little flat section!  Starting at the edge of the drill ground, the race heads out towards the Bradford Road entrance before turning to take in two loops of the HQ.  Once these have been completed, runners head out onto Whitehall Road and head in the direction of Birkenshaw onto Bradford Road.  After about 1 ¼ miles the route turns left towards East Bierley before returning to Whitehall Road and back to the West Yorkshire Fire Service HQ, finishing on the drill ground.  Taking part for Eccleshill were Mick Hogan (44:50), Dawn Hogan (50:04), Angela Storey (1:02:33 – PB).  Well done to all of you and thank you to Ian Storey and Brian Perfitt for marshalling.

**YVAA GRAND PRIX SERIES RACE 7 (HALIFAX) – WEDNESDAY 8TH AUGUST 2018**

The 7th race is mostly flat on river side paths and canal towpaths around Halifax starting from behind Springhall Athletic track.  The race starts with a slight descent down the Hebble Trail before joining the canal tow path. Just before the 3 mile point the route turns left over a bridge and then follows a river side path for about 1.5 miles. Then it’s back onto the canal and back up the Hebble Trail. Rob Sutton was the sole representative for Eccleshill finishing in a time of 48:07.  Well done Rob!

**ASDA FOUNDATION YORK 10 – SUNDAY 5TH AUGUST 2018**

The Asda Foundation York 10K is one of Yorkshire’s most popular and picturesque charity road run events in arguably the most beautiful city in the UK.   This course is flat and fast, perfect for those looking to smash a PB. Starting at the Knavesmire in York’s gorgeous Racecourse, the race heads out in the direction of the city centre and the river along Bishopsthorpe Road. After a short section on the river and under the city walls, the run takes you on a tour of York’s numerous landmarks. As well as taking in the City Centre’s stunning architecture, you are taken past the beautiful York Minster, Clifford’s Tower and after a quieter, more peaceful riverside section, runners will cross over the Millennium Bridge.  Passing the old Terry’s factory the race eventually returns to the Knavesmire, where runners are welcomed by large crowds of spectators ready to cheer as they cross the finish line!  Representing ERR were Ian Storey (47:32 – PB), Annie Kisluk (52:08), David Goodyear (54:04), Lorraine McKnight (1:05:20), Anne Blakey (1:13:09) and Angela Storey (1:19:20).  Congratulations everyone on a great set of results!

**YVAA RACE 6 – SALTAIRE – TUESDAY 24TH JULY**

The 6th race in the YVAA Grand Prix series was run by Saltaire Striders and started at the Bradford and Bingley Sports club.    The terrain was a scenic mixture of towpath, tarmac in the park, grass, open moorland and riverside path with a couple of challenging sections.  Debbie Bland was the sole representative for ERR finishing in a time of 52:59. Well done Debbie!

**ARTHUR JAMES SHAKERR – SUNDAY 22ND JULY 2018**

Following a sell out last year, the Arthur James ShakERR returned for its third outing. Formerly known as the “Saltaire Shaker” this is a race celebrating the life of Arthur James, a former member of Eccleshill Road Runners, charity fund raiser and local running stalwart.  Arthur was a popular and much loved local character seen at many of the local races who encouraged young and old to “Run because you can”.   The route which starts next to the picturesque Roberts Park is a 12.8 km (approx. 8 miles) loop, multi terrain, following sections of the Leeds – Liverpool canal towpath but with an undulating woodland section.  161 runners took part this year with 6 from Eccleshill completing the course.  Kyle Bethell, taking a break from his many TV appearances, was the first of these in 59:20 followed by Tony Redmond (1:08:26), David Goodyear (1:16:07), Mick Hogan (1:19:00), Gillian Jago (1:20:53) and Dawn Hogan (1:27:56).   Well done to all of you.  A massive thank you also to everyone who came out to set up, marshal, photograph and help at the race – without you all this would not be possible.  Finally, on behalf of the whole club I’d like to recognise and thank Ian Stow, Martin Steele and Garry Ellison for organising everything – it was a great success because of your hard work and we couldn’t do it without you.

**BINGLEY SHOW TRAIL RACE – SATURDAY 21ST JULY 2018**

Taking place on a testing course of approx. 10k on public footpaths around Bingley and St Ives Estate this race is open to runners u18 and seniors, of all abilities.

This is billed as a great start to off-road running and there are woodland trails, open fields, and some fantastic scenery. It has a couple of hills, but this is Yorkshire, what else would you expect? Following the race, runners can enjoy a family day out at one of the North’s premier agricultural shows.  Brian Perfitt took part for Team Eccleshill completing the course in 1:21:07 despite being suffering with an on-going injury.   Amazing achievement Brian!

**SIR TITUS SUMMER TROT – SATURDAY 21ST JULY 2018**

Focusing on the stretch of canal around the Victorian mill town of Saltaire, the Sir Titus Summer Trot took place on a warm July Saturday.  Saltaire got its name from Titus Salt, a successful weaver of beautiful fabrics that were used to make expensive dresses for the ladies of England. Titus moved his woollen mill from the centre of Bradford to just outside the city on the River Aire, to take advantage of the canal and rail links whilst at the same time creating a revolutionary self contained model village for his workers.

The event offered a choice of 5 races. Runners could take part in a 5k, 10k, Half Marathon, 20 miles or Full Marathon along the scenic, fast and flat out and back route on the towpath.  Vicky Cousins completed the Half Marathon in 2:07:06 whilst Annie Kisluk (4:16:51) and David Goodyear (5:15:01) took part in the Marathon.  Annie scooped yet another trophy, finishing 2nd Lady. Congratulations to the three of you!

**DUNCOMBE PARK, HELMSLEY – SUNDAY 15TH JULY 2018**

Duncombe Park is a hidden gem, situated in the heart of the Yorkshire town of Helmsley and it provided a magnificent setting to clock up the miles and experience another event from Its Grim Up North Running. The vast park land is both beautiful and challenging, with a distance to suit all abilities this new race captures the essence of their events ‘Beautiful Races in Beautiful Places.

With the old English name of Elmeslac, Helmsley predates the Domesday Book. It was first settled in around 3,000 BC and small farming communities lived in the town throughout the Neolithic period, Bronze and Iron Ages and into Roman times. The lands around Helmsley were held by William the Conqueror’s brother. You can still visit the ruins of the Norman castle, and see ancient oak trees in Duncombe Park dating from this time. The oldest surviving house in Helmsley is the medieval Canon’s Garth, the vicarage. The Norman castle, dating back over 900 years, evolved over the centuries, from a mighty medieval fortress to a luxurious Tudor mansion, to a Civil War stronghold and a romantic Victorian ruin. It is open all year round for visitors to enjoy, under the care of English Heritage. The Walled Gardens also enjoy a historic past, tracing their roots back to 1759.

5 distances were on offer this weekend from the 10K on the Saturday to Sunday’s Half Marathon, 20-mile, Marathon and 32.5-mile Ultra Marathon.  The route comprised of laps of a course taking in the village of Helmsley and the Cleveland Way path towards Rievaulx Abbey, climbing though woodlands along challenging hilly trails before dropping down along the river and back up toward the stately home.  Ian Storey and Sarah Myers were among the 14 people starting the Ultra and while Ian powered along in the scorching hot conditions, Sarah enjoyed a more methodical pace, running (and chatting) with Karen, a Gateshead Harrier, whose lovely boyfriend provided ice lollies en-route (there was also an offer of pork pies but it was a bit hot for that!!).

Ian has confirmed that once again it was hotter than London and that Sarah could have picked something a lot easier for her first Ultra but of the 14 starters, just 5 finished the full distance meaning that Ian was 2nd Male in a time of 6:29 and Sarah was joint 2nd Female in a time of 8:00.  Well done and thanks to Angela for coming along to support.

**SCAFELL SKY RACE – SUNDAY 15TH JULY 2018**

One of the qualifying races for the Skyrunning World Championships, the Scafell Sky Race is a point-to-point Lake District journey that tests the speed and endurance of experienced and aspiring mountain runners. 40km of technical single track and scree make this a classic skyrunning route to be reckoned with. Running from Seatoller in Borrowdale to the heart of Ambleside, the race summits England’s highest mountain and traverses some of the most challenging trails in the central Lake District.

The first climb of the day starts at Seathwaite Farm. From here you head up past the spectacular ‘Sour Milk Gill’ waterfalls and follow the track that winds up into the Gillercomb Valley to the summit of Green Gable. A short sharp drop brings you to Windy Gap and then a descent on scree before weaving your way around the waist of Great Gable on highly technical single-track – and don’t forget to look out for Napes Needle, first climbed in 1886 by William Hasket-Smith who did it solo and performed a handstand on the top just for fun!

Arriving at Sty Head Pass, you’ll begin one of the most classic and technical ascents of the Scafell Massif. The route goes via the ‘Corridor Route’ that leads directly to the summit of Scafell Pike, the highest mountain in England. From here, you make for the summit of Broad Crag, crossing wonderfully technical boulder fields on the way. The summit gained, you’ll set out towards the Great Langdale Valley, heading for Esk Pike and Ore Gap. On reaching the summit of Bow Fell, you’ll drop down a very technical scree descent, via Great Slab Gully, to one of the best stretches of single-track in the Lakes, the ‘Climbers Traverse’ that weaves under Cambridge and Flat Crags. Descend into Great Langdale via the high ground of the Band to reach the Old Dungeon Ghyll pub before heading along towards the Stickle Barn and up the spur connecting you with the summit of Harrison Stickle then back down to Stickle Tarn. There then follows a stretch of perfect single track, running across the lower fells of the Northern side of the Great Langdale Valley to the summit of Silver Howe with its views over Grasmere.   Continue along single tracks to cross Red Bank road then climb back up to the summit of Loughrigg fell before crossing Loughrigg Common to Lily Tarn and beginning your final descent into Ambleside.

A special-edition commemorative bottle of cider and a hot meal awaits you at the finish line!

Scafell Sky Race is a serious test of nerve, skill and endurance which 144 of the 191 runners finished with Gareth Harland completing the course in 10 hrs 36 minutes.  Congratulations on an absolutely amazing achievement!

**RACE TO THE STONES – SATURDAY 14TH – SUNDAY 15TH JULY 2018**

The Dixons Carphone Race to the Stones is a fully supported 100km race along the oldest path in Britain, the Ridgeway. Along its length you will find traces of generations stretching back over 5,000 years. The route to the Avebury Stone circle crosses Lewknor, Goring and the North Wessex Downs. It is lined with Bronze Age hill forts, Neolithic burial chambers and Roman river crossings, culminating in the largest Neolithic stone circle in Europe. You can run it or walk from the start line in Oxfordshire to the finish next to the 5,000-year-old stone circle at Avebury and you can complete the 100km non-stop or break it into two days staying at the overnight basecamp.

The route passes up and along the high ground South West from Lewknor in Oxfordshire to the Thames crossing at Goring. From this point the route rises up onto the North Wessex Downs passing golden fields before the iconic finish where you’ll walk between the towering stones of Avebury.   Highlights of the route include the White Horse at Uffington (a 110m long prehistoric hill figure made from deep trenches filled with crushed chalk) and Avebury Stone Circle which is the largest stone circle in Europe and one of the largest in the world taking over 500 years to complete starting in around 2500BC

Ian Dowsland joined a staggering 2,500 people to follow the footsteps of Vikings, Romans, dragons and Kings and it was a hot one this year! Journeying from the Chilterns to the mystical North Wessex Downs past mighty Iron Age forts, ancient monuments and through some of Britain’s most stunning landscapes he completed the course over 2 days in an amazing 18 hours and 15 minutes.  Fantastic achievement Ian!

**BRAMHAM RUN 10K – SUNDAY 15TH JULY 2018**

Bramham Pavilion hosted it’s 3rd 10k run on 15the July.  The race, which is held on a multi terrain course, starts and finishes on Bramham’s playing field.  Most of the route is off road on tracks and bridleways in pleasant countryside. It is an undulating course with the last section climbing steadily up a farm track to the top of Windmill Hill before descending through the lovely village of Bramham then up Almshouse Hill, fondly known as the Bramham Beast (steep but short) to the playing field.

Debbie Bland (56:33 – 1st FV60) and Sarah Rawlings (59:16) took part in the race on an extremely hot day.  Congratulations to you both a fantastic set of results.

**WASHBURN RELAYS – FRIDAY 13TH JULY 2018**

The second relay of the week came in the shape of the ever popular Washburn Valley Relay. Hosted by Otley AC each team run one of three legs, leg one 3.02 miles, down the hill and up through the woodland exiting back down onto the side of Fewston Reservoir, Leg two is an undulating 4.01 mile route around the perimeter of Fewston Reservoir and leg 3 is 3.30 miles around the perimeter of Swinsty Reservoir – all three legs finish with a gruelling uphill climb to the finish back to the start. Team spirit once again was second to none.  The teams & results were:

Eccleshill Hawks:     Debbie Bland (25:26), Ian Storey (29:32), Adam Bovan (24:35) – 1:19:33

Eccleshill Eagles:      Ian Stow (22:08), David Goodyear (35:03), Sarah Rawlings (29:18) – 1:26:29

Eccleshill Falcons:    Claire Telford (35:35), Gareth Harland (28:33), Mark Sutherland (24:06) – 1:28:14

Eccleshill Kites:        Martin Steele (25:43), Annie Kisluk (33:19), Julie Steele (29:12) – 1:28:14

A massive well done to all concerned, runners, supporters and photographers alike!

**GOLDEN ACRE RELAYS – TUESDAY 10TH JULY 2018**

This year’s Golden Acre Relay moved to a Tuesday night this year (some say it was so Debbie Bland could run on her birthday!).  A warm and sunny summer’s evening saw 5 teams from Eccleshill take to the 2.6 mile course around the picturesque park and undulating woodland paths.  The changing sunlight as you run from the woods to open ground and back makes the conditions underfoot challenging with hidden tree roots so the race often feels much longer than it is.  The customary after race picnic included birthday cake this year as we helped Debbie Bland celebrate her move to the next race category (Philip is confident of more wine in the coming year).  The team’s and results were as follows:

Eccleshill Hawks:             Jayne Robinson (24:52), Gareth Harland (18:56), Tony Redmond (21:53) – 1:05:41

Eccleshill Kites:                Marc Steele (21:57), Julie Steele (24:14), Ian Stow (20:01) – 1:06:12

Eccleshill Eagles:             Sarah Rawlings (24:18), Ian Storey (20:08), Martin Steele (23:02) – 1:07:28

Eccleshill Peregrines:       Sarah Myers (25:16), Marc Steele (24:08), Ian Storey (20:56) – 1:10:20

Eccleshill Ospreys:           Debbie Bland (23:31), Annie Kisluk (24:47), David Goodyear (24:45) – 1:13:03

Fantastic effort from the whole team and a particular well done to those who ran twice so that everyone could run.  Thanks also to the awesome support crew and Happy Birthday Debbie!

**RUN FOR ALL LEEDS 10K – SUNDAY 8TH JULY 2018**

The Asda Foundation Leeds 10K course has something to offer, regardless of age or ability. Seasoned runners can take advantage of the super-flat and fast route to compete for their personal best, whilst new runners can embrace the incredible atmosphere to achieve their own goal, whether that’s just getting round, or supporting a good cause. With a truly electric city centre start and finish, and great support around the route, there are few events to rival the Leeds 10K.   The race starts on Vicar Lane and passes the iconic Corn Exchange heading towards the train station.  Continuing onto Wellington Street the route takes runners out of the city centre for an out and back on the infamous Kirkstall Road.  Heading back into town, and just when you think you’re nearly there, you have the last push up Westgate Point before joining the Headrow where you’ll find roaring crowds waiting to cheer you in.  Trisha Stringer was the sole representative for Eccleshill in this year’s race finishing in a time of 1:20:55.  Great effort, well done!!

**CHOCOLATE 10K – SUNDAY 8TH JULY 2018**

The popular Chocolate 10km is returning for a second year. It is a 2 lap route around York Knavesmire. It is a path and grass course. The race is in celebration of York’s rich chocolate history. The route is overlooked by Terry’s clock tower, Goddard’s (once the home of the Terry family) and the racecourse grandstands. A bespoke medal and goody bag to all finishers and there is homemade cake for all at the finish too.  Annie Kisluk (53:27) and David Goodyear (54:24) took on the challenge this year.  Congratulations to you both!

**BURN VALLEY HALF MARATHON – SUNDAY 8TH JULY 2018**

The Burn Valley Half Marathon is run entirely on minor roads around the rolling countryside of the Lower Wensleydale area of North Yorkshire which is home to the famous Theakston’s and Black Sheep Breweries (no wonder Philip entered Debbie in this race!). Starting in Masham’s market square and taking you through the grounds of Swinton Castle 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.  Debbie Bland completed the course in a fantastic 2:08:21.  Well done Debbie!

**WE LOVE MANCHESTER 10K – SUNDAY 8TH JULY 2018**

The UKFast We Love Manchester 10K is known for its fast and friendly atmosphere as well as its popularity in the North West.  The race is run in aid of the We Love Manchester Charity which aims to improve the lives and chances of Manchester People including setting up a permanent memorial for the Manchester Arena attack.  Runners of all abilities are welcomed and this is the perfect 10k to beat your personal best (if the weather isn’t ridiculously hot!) and meet other runners .  The race starts and finishes at the impressive Etihad Stadium, home to Manchester City and the route takes you out from the Regional Athletics Track and on to closed roads in the areas which are lined with hundreds of cheering supporters before coming back to the complex and finishing on the track.  All runners received a commerative medal, goody bag and a technical t-shirt.  Brian Perfitt (57:47), Vicky Cousins (1:03:09) and Helen Freeman (1:03:29) all took part in the 10th race in the Summer Championships. Fantastic effort team!

**THE HALIFAX MARATHON – SUNDAY 1st JULY 2018**

Hosted by White Rose Marathons, the 2018 Halifax Marathon is billed as a great way to bring your summer to an exciting and fulfilling start. Incorporating both a full and a half Marathon, it’s certainly on many runners “to-do” lists for the year!  The route, which is described as different, is two laps for the Marathon runners, two of whom were representing the blue and white of Eccleshill.  The race starts with a hilly opening few miles before a kinder run in to the finish and is challenging, hilly and very much a taste of Halifax, with urban, upland, woodland and industrial heritage all mixed together. On the well-marked course, which starts at Dean Clough and takes in Pellon, Mixenden, Ogden Reservoir, Holmfield and Boothtown, runners are supported by a whole host of people, local running groups and charities etc.    Ian Storey (4:35:30) and Abbie Cheetham (5:47:28) completed this gruelling race for ERR on a day which brought a set of challenging conditions and, according to Ian, was hotter than Gargrave the week before which, for the avoidance of doubt, was hotter than London Marathon – something no one thought possible!  Congratulations to you both on an amazing achievement!

**HOLLYBANK ECCUP 10 MILE – SUNDAY 1st JULY 2018**

Now in its 25th year, the Hollybank Eccup 10 was back with its charitable partner, Hollybank Trust.  Abbey Runners will be making a donation to both Hollybank Trust and their charity of the year from the race proceeds. The race starts and finishes at Adel St John Primary school and the course takes in rural closed roads and a scenic route around Eccup reservoir,  With its fast finishing straight this is probably Leeds most popular 10 mile road race and has been a sell out for each of the last 3 races (incl this year).  An extremely hot and sunny day saw 6 Roadrunners taking to the course for the latest Summer Championship race.  Rob Sutton came home first in a time of 1:25:02 followed by Annie Kisluk (1:27:12), Debbie Bland (1:30:04), David Goodyear (1:31:17), Rhea Sutcliffe (1:32:30) and Vicky Cousins (1:39:51).  A fantastic set of results in difficult conditions – congratulations to you all!

**HPH SUMMER MILE – WEDNESDAY 27TH JUNE 2018**

Hyde Park Harriers’ 8th Annual Summer Mile is a one mile race on tarmac paths in Woodhouse Moor (aka Hyde Park), also featuring a junior fun run (ages 11-15) and Race walk.  When entering you tell organisers your expected time and they will match you with others of a similar standard in a series of races giving you a great chance of getting a PB.  There are prizes for overall winners, spot prizes per heat and a prize for a new course record.  A huge number of ERRers made the trip to Leeds to take part this year – unlucky for some but not for us, 13 in total.  Results in time order (everyone was in different heats) –  Marc Steele scored the best time of the night (6:28.7) Ian Dowsland (6:39.9),  Rhea Sutcliffe was first in for the ladies (6:58.4), Martin Steele (7:07.3), Gary Popple (7:27.9), Vicky Cousins (7:40.0), Julie Steele (8:04.8), Debra Grant (8:12.0), Tricia Grant (9:04.4), Lorraine McKnight (9:14.9), Alison Hartley (9:14.5), Gill Jones (9:54.6) and Linda Bussey (11:46.6).  A cracking set of results and great to see such a good turn out – well done everyone!

**RUSH AROUND THE RHUBARB – TUESDAY 26TH JUNE 2018**

Organised by Pudsey & Bramley AC, the Rush Around the Rhubarb is a 6k multi-terrain race starting at Priesthorpe School.  It is run on tracks and trails around the rhubarb fields in Pudsey, some of which form part of ERRers summer training routes.  120 runners took part in the hunt for the ever elusive rhubarb this year (I personally did not see any!) with 5 of these from Eccleshill.  Coming home first was Martin Steele (31:59) closely followed by Marc Steele in 32:16.  Debbie Bland was first home for the ladies in 33:02 with Julie Steele (35:08) showing other clubs what teamwork looks like by helping Sarah Myers to a finish of 35:09 on a very hot evening.  Well done everyone!

**GLORIOUS GARGRAVE – SUNDAY 24TH JUNE 2018**

A Grim Up North event with a choice of distances run as out and backs along the Leeds Liverpool Canal from Gargrave. You can choose to run any distance from a relatively easy 5K 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 straddling the River Aire. It has the Leeds and Liverpool Canal running through it and is known as the gateway to the Yorkshire Dales. It is also part of the Pennine Way. The course for all of the 5 races is an out and back, firstly going towards Skipton and then back to Gargrave and out towards the Dales and back (dependant on your distance). Underfoot is made up of some towpath but it is mainly grass and it is traily but very picturesque.  According to Ian it was hotter than London – we didn’t know this was possible!  Taking part in the Half Marathon were Jacqueline Bywater (2:17:38) and Angela Storey (3:27:00) and in the Marathon Ian Storey (4:02:13), Annie Kisluk (4:32:46 – 3rd Lady for the second event in a row) and David Goodyear (4:56:15).  Congratulations to the five of you in very hot conditions!

**PENISTONE 10K – SUNDAY 24TH JUNE 2018**

The Penistone 10K (formerly the Penistone Show 10K) was established over 30 years ago. Taking place in the highest market town in the country, the Penistone Hill Race, which is part of the annual show, is a multi-terrain race of approximately 7 miles with 890 feet of ascent.  The race is run in support of Sporting Penistone, the group of charity volunteers that now run Penistone Leisure Centre. The race which is organised by Penistone Footpath Runners & AC takes place on tarmac, trails and paths, with hills and stunning views of the Penistone area including the beautiful Hartcliffe Tower.  Part of the route takes on part of the Trans Pennine Trail which is a national coast to coast route linking the North and Irish seas. On what proved to be an extremely hot and sunny day, Debbie Bland completed the course in a time of 54:56.  Great running!

**HUMBER BRIDGE HALF MARATHON – SUNDAY 24TH JUNE 2018**

Established in 1998 and now in its 20th year, the Humber Bridge Half Marathon raises funds for charities and organisations on both sides of the river.  Thousands of runners were expected to descend on the bridge as amateurs and professionals raced their way through East Yorkshire and North Lincolnshire.  The race start is on the bridge approach with an initial climb, followed by a downhill section before flattening out for the remainder of the first mile.  Mile 2 sees runners going through the tollgates and onto the bridge itself, running across on the main carriage way and going through the town of Barton. After passing through the marketplace, the road begins another steady climb past the 6 mile mark before heading downhill to the midpoint and then onto a long flat section of the course.  At just short of 9 miles is the toughest challenge of the course known as ‘Cardiac Hill’ which is a one mile climb.  Once at the top the road goes back towards the bridge and across the river once more towards the finish line.  Sarah Rawlings was the sole representative at this year’s race for Eccleshill RR completing the course in 2:01:42.  A fantastic effort on a very hot day – well done Sarah!

**PENNINE BARRIER ULTRA – SATURDAY 23RD JUNE 2018**

Organised by GB Ultras,  Saturday saw the return of this fantastic 50 Mile Ultra-Marathon fusing together Malham Cove, Ings Scar, Malham Tarn, the Pennine Way and the wonderful Yorkshire Three Peaks, Pen-y-ghent, Whernside and Ingleborough.   The race starts at Malham with a scenic run up the steps continuing along the Pennine way to Malham tarn and beyond.   Following an undulating section of the Pennine way, you then take on the Yorkshire 3 Peaks starting with Pen-Y-ghent, Whernside and Ingleborough. After Ingleborough you head back to the shoulder of Pen-Y-ghent and then the Malham section in reverse with a slight detour near the end to take in Janet Foss waterfall.  The overall ascent on this race is over 8,500 feet (almost 2,600 m) and on a clear day provides runners with some spectacular views.  Tony Redmond took on this immense challenge completing in a fantastic time of 12 hrs 49mins.  Congratulations on an amazing achievement Tony!

**SUMMER SOLSTICE SAUNTER – THURSDAY 21ST JUNE 2018**

Now in its 3rd year the Solstice Saunter is a circular route of 5 miles starting from the Cavendish Pavilion car park.  The race follows a clockwise loop through Strid Wood to Barden Bridge then across the river and back through the grounds of beautiful Bolton Abbey before returning to the river bank opposite the pavilion.   The route was slightly changed from last year for health and safety reasons however now incorporates a rather steep hill to the road above the Abbey grounds before dropping back into the woods.  This year’s event has brought in almost £20,000 to support the vital work of Sue Ryder Manorlands Hospice and the 700 participants seemed to enjoy themselves despite the ever present midges!  Six ERRers went sauntering around this beautiful route with Mark Sutherland finishing first for the team in an impressive 38:18, Ian Storey was next in 40:16 followed by Sarah Myers (51:56), Jennifer Briedis (55:27), Gillian Brown (57:37) and Caroline Ward (1:01:20).   Thanks also to Debbie Bland and Dolly Dog for tail running, Philip Bland for car park marshalling and photographing the race and Angela Storey for supporting (and childminding!).

**CANAL CANTER SUMMER EXTRAVAGANZA – SUNDAY 17TH JUNE 2018**

Another in the ever popular It’s Grim Up North Running series and as the name suggests this is an out and back canter on the Leeds Liverpool Canal.  The route starts and finishes at Kirkstall around 2.5 miles outside the centre of Leeds.  Whilst the flat route is not described as technical it’s a great opportunity to get a good time.  The Leeds and Liverpool Canal is 127.25 miles in length, stretching between the busy cities of Leeds and Liverpool. It is in fact the longest canal in the north of England and passing through 91 locks. The construction began in 1770 and was completed in 1816. Foulridge tunnel which is part of the Leeds and Liverpool canal has some interesting folklore surrounding it. The story goes that a cow fell into the water at one end of the tunnel, the cow then swam the whole length of the tunnel, (1 mile) before being pulled out at the other end and thankfully being revived with brandy but don’t get any ideas, no brandy was available to revive any desperate runners.  Coming back from injury, Annie Kisluk was 3rd in the Women’s Marathon with a time of 4:15:38 and David Goodyear finished in a fantastic 4:54:48.  Congratulations on yet another marathon achievement!

**PUDSEY 10K – SUNDAY 17TH JUNE 2018**

Organised by Pudsey Pacers, the Pudsey 10K is a scenic, undulating one lap course on public roads and tracks around Pudsey.  2018 marks the 28th year of the running of the event and it was bigger and better than ever as the number of place was increased to 600 with the event being sold out well before the day.  The race starts down a hill before a sharp turn at 500m and a short uphill section.  The route then takes you through a built up area and shady lanes before doubling back up a track through the woods.  A steep hill greets runners between 6 and 7k before returning to tarmac roads and footpaths and a pleasant descent to 9.5k.  The sting in the tail is that the route climbs to the finish in the park.   5 ERRers took on this challenging race.  Kyle Bethell was first home for Eccleshill in a time of 43:27 followed by Ian Storey (51:00), Debbie Bland (56:14), Gillian Jago (59:45) and Angela Storey (1:19:52).  Well done to you all!

**YVVA GRAND PRIX RACE 4 – LYTHE NR WHITBY  –  SUNDAY 3RD JUNE 2018**

The 4th race of the YVAA Grand Prix takes place in the grounds of Mulgrave Castle at Lythe, near Whitby and coincides with the Mulgrave Castle 10K. The course around the woods is the same for both races but the 10K starts slightly early.  The route is on woodland trails and takes in the old castle with views of the coast and Whitby Abbey.  It is undulating with a small ford to cross in the middle, a dark foot tunnel to go through and a killer hill just when you’d want one – at the finish!  Debbie Bland represented Eccleshill, finishing 3rd in the FV60 category with a time of 61:32.  Fantastic result, well done!

**HUDDERSFIELD MARATHON – SUNDAY 3RD JUNE 2018**

Badged as no ordinary marathon, Huddersfield Marathon is advertised as a great way to bring your summer to an exciting and fulfilling start.  Incorporating a half Marathon and the Your Nuts family fun run plus lots of other activities as the events HQ it’s on many peoples’ to do lists.  With one lap for the half and two for the Marathon, the route is a hilly opening few miles before a kinder finish and is one of the toughest road marathons in the UK.  On the well-marked course you are supported by a whole host of people, local running groups and charities etc.  Unfortunately due to a knee injury and on the advice of the physio, Annie decided not to complete the second lap but finished the half marathon in (3:06:12) which considering she’d run a challenging marathon on Saturday was amazing.  David completed his weekend of back to back marathons in a time of (5:20:50).  Congratulations to you both on your weekend of outstanding achievement and hope the knee is better soon Annie.

**GOOLE RIVERBANK CHALLENGE – SUNDAY 3RD JUNE 2018**

The seventh race in the Summer Champs was the Riverbank Challenge organised by Goole Viking Striders.  Just over 200 runners took part in this popular summer run which is a multi-terrain, predominantly flat course of approx. 9 miles (1/3 marathon distance) run mainly along the banks of the River Ouse.   Six ERRers made the journey over to Goole to take on this challenge – Ian Storey (1:09:06), Sarah Rawlings (1:21:20), Mick Hogan (1:22:32), Jayne Robinson (1:26:37), Dawn Hogan (1:35:26), Angela Storey (1:54:49).  Well done on a great set of results and thanks to those that went to support.

**CALDERDALE ULTRA MARATHON – SATURDAY 2ND JUNE 2018**

Famed for its iconic landmarks, immense scenery and ‘runnable’ hills, the trails of the Calderdale Way (which is 40 years old this year) play host to the Calderdale Ultra Marathon.  Offering 2 distances, 28.5 miles and 50.5 miles, the route encircles Halifax, Hebden Bridge and Todmorden, following old pack horse ways across gritstone hillsides with sections of traditional stone causeway, passing through hillside villages and old mill towns on the banks of the River Calder. Runners can expect some exceptional panoramic views from the higher parts of the race.  Starting at 6am the cut off for the 50.5 mile race is 16 hours and runners are required to carry a range of kit including waterproofs, a torch, and emergency food.  Describing the day as ‘tough but surprisingly enjoyable’, Gareth Harland took on the immense challenge of the 50.5 mile route finishing in a time of 12:57:21 – possibly the longest run completed by an ERRer. Congratulations on such an amazing achievement and thanks to the ‘usual suspects’ who went to cheer him in!

**BOLTON HILL MARATHON – SATURDAY 2ND JUNE 2018**

Annie and David attempted to raise the bar yet again with the first of a back to back marathon double this weekend. The Race, is one of the toughest in the UK although suitable for all abilities with a generous 8 hour time limit. The Bolton Hill Marathon route follows some of the most beautiful trails and Country Roads on the West Pennine Moors taking you up and over Winter Hill, past White Coppice and along the famous Anglezarke Reservoir, Past Rivington Pike and Barn and through Barrow Bridge village. A fantastic Bespoke Medal went to All Finishers. Annie posted (5:22:12) coming first in her age category and David finished in (5:24:10).  Good luck for tomorrow in the Huddersfield marathon and well done!

**APPERLEY BRIDGE CANTER – THURSDAY 31ST MAY 2018**

The Apperley Bridge Canter (affectionately known as the ABC) is a challenging largely off road 10k race around the woodland tracks that ERR use as part of the Summer Training routes.  Organised by Horsforth Harriers it attracts runners from clubs across Yorkshire as well as an ever growing numbers of unaffiliated runners.   A very warm and sunny evening saw over 400 runners setting off from Woodlands Drive and uphill before continuing on the undulating course with rough terrain making the downhills almost as challenging as the ups.  Finishing with a fast descent to a final lap of the Woodhouse Grove playing fields the finish line comes into sight in front of the crowds of spectators gathered in front of the school sports hall.  As always there was a great turn out from Team ERR as they cheered each other over the finish line.  Kyle Bethell (42:27) came in first for the team followed by Ian Stow (48:23), Ian Storey (50:49), Garry Ellison (53:47), Debbie Bland (54:21), Leona Manford (57:23), Marc Steele (58:24), Brian Perfitt (58:29), Martin Steele (58:24), Rachel Smith (59:45), Sarah Myers (1:01:17), Gillian Jago (1:01:32), Julie Steele (1:01:33), Anne Blakey (1:15:09) and Angela Storey (1:20:17).  Fantastic running by everyone and a big thank you to everyone who came along to support.

**HOLLINGWORTH LAKE 5K SERIES – 2ND / 9th / 16th / 23rd / 30th May**

Many people have enjoyed a stroll round the scenic lake with a family of friends and enjoyed the flat surfaces, easy walking and views it offers so when it came to a 5k race series with a memorable route the Cannonball Events team looked no further than Hollingworth Lake at Smithy Bridge in Littleborough.  Gillian Jago took on the whole of the 5k series posting the following times:  Race 1 (2nd May) – 25:59, Race 2 (9th May) – 26:07, Race 3 (16th May) – 25:51, Race 4 (23rd May) – 26:55, Race 5 Handicap (30th May) – 26:11.  Brilliant set of results – well done Gillian!

**YVAA GRAND PRIX RACE 3 – KIRKSTALL – TUESDAY 29TH MAY**

Starting and finishing at Kirkstall Abbey the route for the 3rd race of the YVAA Grand Prix goes up New Road Side, past Kirkstall Forge before turning towards the River Aire.  Runners then take a short run along the river before crossing the canal and railway to head uphill to Bramley Falls Park.  A loop of the woods in the park precedes the return to Kirkstall Abbey via the route out.   Rob Sutton was the lone Blue finishing in a time of 48:50.  Well done Rob!

**ILKLEY TRAIL RACE – MONDAY 28TH MAY 2018**

Celebrating its 10th anniversary the Ilkley Trail Race first took place in 2008.  The out and back route covers 6.9 miles of tracks through woodland, fields and moors, with the odd short road sections. Most of the climb is on the way out, but runners will be rewarded by the views over the Wharfe Valley and across to Ilkley Moor when they hit the moorland on the top, for a very fast second half of the race.  Debbie Bland was the sole representative for ERR finishing 2nd in her age category with a time of 1:08:23. Congratulations!

**THE EDINBURGH MARATHON FESTIVAL – SUNDAY 27TH MAY 2018**

A blue and white band of Eccleshill road runners travelled North of the border to take part in the Edinburgh marathon festival this weekend. The weather on the morning started off bitterly cold and overcast and remained like that for the half marathoners. Then later on this gave way to massive improvements which made the last five or so miles hot and sticky for the full marathon runners. This year’s Edinburgh marathon and half marathon took on a brand new route for the first time in 5 years. It is the 16th year of Scotland’s largest running event. The new route started on Potterrow, the Old Town heartland of Edinburgh University, for the first time in the event’s history, before heading North over the historic High Street and down The Mound. Participants then ran past the Scottish National Gallery and into Princes Street Gardens, with the iconic Edinburgh Castle as their backdrop. The route then took in the Scott Monument, before heading down the Royal Mile and towards Holyrood Park, The Scottish Parliament and Royal Palace before then east towards the beautiful coastline. The marathon finished in Pinkie Playing fields, Musselburgh as per recent years. Times to be confirmed.
Taking part in the full marathon Annie Kisluk finished in (4:20:24) David Goodyear (4:36:43) Marc Steele (4:23:15) Martin Steele (5:26:30) Garry Ellison (5:26:30) and Simon Lacey (5:22:53)The half marathon was conquered by Tricia Grant (2:15:50) and Julie Steele (2:15:49) A special thanks to the support crew and photography Maxine Sophie and Neil. Well done everybody!

**LEIDEN HALF MARATHON – SUNDAY 27TH MAY 2018**

Bank Holiday weekend had an international feel this year with Harjyot Hayer travelling to the Netherlands to take part in Leiden Half Marathon. Renowned for being the birthplace of Rembrandt, this picturesque city has been one of Europe’s most prominent scientific centres for almost 4 centuries.  The start and finish are in the historic centre of Leiden and the race runs through Leiden and Leiderdorp crossing the Rhine along the way via a temporary Royal Army Bridge and takes in some of the numerous canals that intersect the city.  Harjyot completed the very hot race in 2:17 – well done!

**LIVERPOOL ROCK N ROLL WEEKEND – SUNDAY 20TH MAY 2018**

Liverpool Rock N Roll weekend is one of the biggest running weekends in the north of England with over 20,000 runners taking part in up to 3 races over a tropical Royal Wedding weekend.  With the usual fantastic bling and a great t shirt, this year was as popular as ever with Team ERR.

Saturday saw Gillian Jago take place in the 5k race around the city centre finishing in 25:20 before the main events on Sunday when it was it was the turn of the Half Marathon, Marathon and Mile runners.  Starting at Albert Dock, the Marathon takes in both football grounds and some of Liverpool’s beautiful parks and gardens before heading back into town.  Both the Half and Marathon take in some of Liverpool’s iconic sights such as the Cavern Club, Chinatown, Sefton Park and Penny Lane before heading down through Otterspool Park to the promenade along the river for the last 4 miles in the scorching heat that we had this weekend.  The end eventually comes into sight at the huge Arena at Albert Dock where a fantastic medal and T shirt, a free beer and a huge assortment of snacks await.  Plus if you ran last year or did the 5k there was some additional bling to be collected.

The impressive set of results from an incredible turnout were:

Half Marathon:  Ian Stow (1:46:37), Dan Kirkham (2:00:02), Claire Tailford (2:03:51), Sarah Myers (2:05:05), Gillian Jago (2:06:42), Vicky Cousins (2:07:06) – 1st half marathon,  Jennifer Briedis (2:28:30), Debra Grant (2:28:37), Gillian Brown (2:40:10), Barbara Stow (2:40:48), Angela Cunningham (2:43:38) – 1st half marathon, Lorraine McKnight (2:43:52), Anne Blakey (2:46:41) – 1st half marathon, Caroline Ward (2:52:20) – 1st half marathon, Kim James (3:17:47), Vikki Lomas (3:17:47), Rosemary Beaumont (3:34:04)

Marathon: Kyle Bethell (3:44:57), Mark Sutherland (3:44:57), Rhea Sutcliffe (4:16:21), Gemma Illingworth (4:24:04) PB, David Goodyear (4:41:36), Annie Kisluk (4:41:36), Gareth Harland (5:09:52), Jayne Robinson (5:09:52) PB, Sophie Hargreaves (6:20:23) – 1st marathon.

Well done also to all those people who completed the mile – Lorraine McKnight, Tricia Grant, Gillian Jago, Kim James and Vikki Lomas.

Congratulations to everyone on some fantastic achievements on a very hot day and the usual amazing team spirit.  Also a huge thank you to everyone who made the journey to support the ERRers – as always it’s much appreciated.

**MERIDIAN EAST COAST 10 MILER – SUNDAY 20TH MAY 2018**

Badged as ‘possibly the flattest 10 mile road race in the UK’ the Meridian East Coast 10 Miler is a great out and back road race on superb road surfaces on idyllic country lanes.  The race starts less than two kilometres from the Greenwich Meridian Line, which in 1884, became the Prime Meridian of the World; Longitude 0º. Every place on earth is measured in terms of its distance east or west from this line. A plaque and sign can be found on Welwick Rd just after the Equestrian Centre, to the south east of Partington village.  Sarah Rawlings took part in the race, coming 4th in her age category with a fantastic time of 1:33:44.  Well done Sarah!

**WINDERMERE MARATHON – SUNDAY MAY 20TH 2018**

Ian Storey, set himself a tough challenge this weekend. Taking on one of the UKs most scenic marathons up in the Lake District. Scenic it might be but easy it isn’t. Runners from far afield compete to finish this very tough breathtakingly beautiful course. All this goes on amidst a carnival atmosphere in the grounds of Brethay Hall which shares stunning views acrossEngland’s largest lake. A 26.2 mile anticlockwise circuit of Lake Windermere takes runners via Hawkshead, Newby Bridge, Bowness on Windermere and Ambleside. A good half of the route is traffic free and some roads have a dedicated running lane. The local support is outstanding and the finish on the lawn outside the Georgian country house provides an amazing experience with the lake as the backdrop. Ian finished in (04:02:21) Fantastic running, well done!

**LEEDS HALF MARATHON – SUNDAY 13TH MAY 2018**

Now in its 33rd year Leeds Half Marathon is one of the oldest major road races in the UK.  The ever popular event always attracts thousands of runners to the city streets and this year was no exception.  With a city centre start and a challenging route comprising roughly seven miles of hill through the city and its suburbs, the race takes in Meanwood, West Park and Horsforth before heading back down Kirkstall Road towards the centre.  Passing historic Kirkstall Abbey means (as Martin put it) you’re nearly there and on the home straight.  You’ll also see a massive turnout of  ERRers at Kirkstall Lights cheering the runners on.  Reaching Headrow often catches people out as many think the finish is where the race started when in fact you will turn into Cookridge Street for the actual finish in Millenium Square. Completing the course for Roadrunners were Tony Redmond (1:51:03), Robert Stark (1:59:15), Rhea Sutcliffe (1:50:25), Simon Lacy (2:13:10), Sarah Myers (2:08:48) and our two first timers with amazing results – Jacqueline Bywater (2:00:42) and Trisha Stringer (2:43:26).  Fantastic results – well done everyone and thanks to all the ERRers who came to support!

**RIPON 10 MILE – SUNDAY 13TH MAY 2018**

Another warm and sunny Sunday saw 3 ERRers take part in the Ripon 10 Mile.  The race which starts and finishes on the Hell Wath Nature Reserve, is an undulating and picturesque course that leads runners from Hell Wath around the Studley Royal Estate.  The estate, which encompasses the ruins of Fountains Abbey, has a beautiful water garden of mirror like ponds and riverside paths leading to the deer park which is home to Red, Fallow and Sika deer and is now recognised as a World Heritage site.  Runners are rewarded with beautiful views of the surrounding stunning countryside all along the route.  Claire Hern completed the course in 1:18:04, Rob Sutton in 1:29:59 and Debbie Bland in 1:34:10.  Well done to you all!

**THE BLUEBELL TRAIL RACE – SUNDAY 13TH MAY 2018**

Ian Storey wore the blue and whites in this very popular Bluebell trail race. Hosted by Stainland Lions. On what turned out to be a hot day for running. This tough hilly 10.3 mile multi terrain race through woodland, canal towpaths, trails and cobbled streets.This unique course incorporates some of the most scenic views within the heart of Yorkshire including the infamous Trooper Lane and it even ends with a refreshing river crossing which was more than welcome in today’s heat. The event is back to its original route after the local bridge was repaired that was took out in the 2016 floods. However an extra half mile was added on due to roadworks. Ian posted a time of (01:46:36) Well done brilliant running!

**THE SHAKESPEARE MARATHON – SUNDAY 13TH MAY 2018**

Well done once again to David Goodyear and Annie Kisluk for notching up yet another marathon, this time the Shakespeare marathon in Stratford on Avon. Popular with both newbies and seasoned runners. A great course superbly marshalled and brilliantly organised where runners get to run amongst some of the most historic buildings in the country and through miles of beautiful Warwickshire countryside. Runners take in sights such as the River Avon, Holy Trinity Church (home to the grave of William Shakespeare) and the royal Shakespeare Theatres. Annie posted a time of (04:08:08) and David (04:42:57) Great running as always, well done!

**KESWICK HALF MARATHON – SUNDAY 6TH MAY 2018**

David Goodyear and Annie Kisluk’s latest outing took them to the Lake District. A half marathon course with stunning views.Well organised and well marshalled, It’s a hilly course with a long sapping climb out of the Newlands valley, approximately mile 6-8. The run back along the lake up the Borrowdale valley is pretty flat but with some long slight inclines. The scenery definitely helps take the mind off tired legs though. Generally thought of as one of the most challenging road half’s on the circuit but certainly up there as one of the Most scenic too. David and Annie both gave their all in the extreme heat to post very respectable times. Annie (02:07:33) and David (02:13:26) Great running well done!

**NORTH LINCOLNSHIRE HALF MARATHON – SUNDAY 6TH MAY 2018**

On the hottest day since the race started in 2012, this year’s race took place in 25 degree heat with 1,600 runners taking part.  The annual event takes place on the streets of Scunthorpe and its surrounding areas, starting on Scotter Road and ending with a lap of the track and Quibell Park.  The route heads south to Messingham before turning towards East Butterwick, along the River Trent towards Burringham before heading back towards Scunthorpe.  The course is described as flat, fast and friendly with only 70ft of climbs throughout the race.  Rob Sutton (1:53:33) and Debbie Bland (2:02:09) flew the ERR flag with great results on a very hot day.  Congratulations to you both!

**DISCO NIGHT URBAN 5K, ARRECIFE, LANZAROTE – SATURDAY 5TH MAY 2018**

As the name suggests, the Disco Night Urban race combines a race on foot around the streets of Arrecife with a disco atmosphere complete with DJs and other fun entertainment.  Taking place in the capital of Lanzarote, which is home to over half of the island’s inhabitants, the race starts at 9pm in the Parque Ramirez Cerda and runners can take part in either a 5km or 10km race.
Trevor Rhodes took part in the 5k in conditions which were ‘not too warm’ and came 68th out of a field of 775.  His time of 22:09 also saw him finish 3rd in his age category.  (It is unconfirmed as to whether he was wearing glo-sticks and fluorescent leg warmers!!) Congratulations Trevor!

**UP THE ODDA 10K – SATURDAY 5TH MAY 2018**

With a change of race name and route this year, 11 Roadrunners set out to tackle the Up the Odda 10k in the blistering heat of the bank holiday Saturday.  This challenging course is a two lap route, mainly through woodland, along farm tracks and over fields.  There are both (very) steep climbs and descents within the race and tree roots to trip you up if you’re not careful.  On the plus side runners are rewarded with stunning views and fantastic support on this well marshalled and organised race.  Leading the way home for ERR was Kyle Bethell in 50:44 followed by Gareth Harland (54:33), Ian Storey (54:35), Tony Redmond (57:46), Gillian Jago (1:06:49), Mick Hogan (1:09:43), Stuart Wagstaff (1:10:28), Vicky Cousins (1:11:46), Sarah Myers (1:12:02), Julie Steele (1:14:32) and Dawn Hogan (1:18:33).  A fantastic effort on a very hot and challenging race and thanks to everyone that came to support.

**EPILEPSY ACTION BRADFORD 10K – SUNDAY 29TH APRIL 2018**

Over 2,500 runners took to the streets of Bradford for the postponed Bradford 10K on a bright yet chilly Sunday morning.  The event, which had been cancelled in March due to the Beast from the East, was the biggest yet with all available places sold out.  Starting and finishing in Centenary Square, the race helps to raise funds for local charity Epilepsy Action and so far this year has raised over £40k.  With some of Team ERR using this race as preparation for the upcoming Leeds and Liverpool Half Marathons and Liverpool Marathon there were strong performances all round.  Vicky Cousins came in first for the team with a new PB of 52:35, Stuart Wagstaff (54:11) crossed the finish line next and great teamwork from Gillian Jago (53:16) helped Sarah Myers to a new 10K PB (53:56).  They were closely followed by Gemma Illingworth (54:25), Mick Hogan (55:19), Harjyot Hayer (55:30), Jennifer Briedis (59:58), Dawn Hogan (1:02:44), Gillian Brown (1:04:28) and Angela Cunningham (1:04:28)

A massive shout out also goes to everyone who volunteered at the race.  Without volunteers a lot of races like this could not go ahead so thanks to Julie Steele, Janice Magennis, Garry Ellison, Helen Freeman, Don Hannant, Brian Perfitt, Lorraine McKnight, Linda Bussey and Alison Hartley for giving up their time on the day.  Last but not least thank you to all the ERRers who supported on route!  It makes a big difference to hear your name shouted all the way along the route!

**THE RESOLUTION 15K HEATON PARK, MANCHESTER– SUNDAY 29**TH **APRIL 2018**

David Goodyear and Annie Kisluk ventured to Heaton Park near Prestwich in Manchester. On offer 3 distances 5k, 10k and 15k in a race series organised by the Stroke Association. An event where people can make a commitment to shed a few pounds, get out and get fit or if your a seasoned runner you can tackle the bigger distance. Either way its about getting out there and having a bit of fun. Annie and David chose the 15k which was 3 loops of 5k each set in the grounds of the park starting and finishing at Heaton Hall. Another race completed by Annie in (TBC) and David in (TBC) Both receiving a goody bag t-shirt and a medal. Great running guy’s well done!

**VIRGIN LONDON MARATHON – SUNDAY 22ND APRIL 2018**

With its cheering crowds and fancy dress fundraisers, this year’s London Marathon was officially the hottest on record with over 40,000 runners taking part amid temperatures of over 24 degrees.   The 26.2 mile race was officially started at 10am by the Queen from the grounds of Windsor Castle and thousands of elite and amateur runners set off to brave the sweltering temperatures on route.  The race, which attracts nearly as many spectators as competitors, starts south of the river at Blackheath and passes though Greenwich before crossing Tower Bridge and heading off towards Canary Wharf.  It then continues through central London taking in Tower Hill, the Embankment and Westminster before finishing in glory in front of Buckingham Palace.    Six Eccleshill Roadrunners flew the flag for the club in London this year – Ian Storey (4:02:19), Rhea Sutcliffe (4:23:57), Debbie Bland (4:24:22 – another GFA!), Annie Kisluk (4:45:22), Ian Dowsland (4:47:30) and Sarah Rawlings (5:09:26).  Congratulations to you all on such a massive achievement and thanks to all the support crew on the route!

**THE BURNSALL TRAIL HALF MARATHON – SATURDAY 21ST APRIL 2018**

Gareth Harland and Jayne Robinson joined the start-line for this trail running event which is set in the beautiful riverside location of Burnsall. The route takes in several sections of the Dales way footpath with almost 800m of ascent. It is the first in a series brought together by the organisers, Due North events. Steep climbs en route are rewarded with 360 degree views of the Yorkshire Dales. River side paths, stone tracks and open fields provided a great mix of terrain. The series is aimed at all levels of runner, from those new to trail to others who are more experienced but wanting to test themselves over a new course. Every runner received a goody bag and food and drink at the finish of the race which was included in the entry price. Gareth and Jayne both finished in a time of (02:44:30)  A brilliant effort guy’s well done!

**VALE OF YORK 10 MILE – SUNDAY 15TH APRIL 2018**

Billed as the little brother for the Vale of York Half, the Vale of York 10 Mile is now into its 3rd year.  It’s been sold out every year and no wonder, as it’s a fast, flat 10 mile PB potential course starting from the York Gliding Centre at Rufforth.   The route ‘takes off’ from the runway at Rufforth Airfield to glide around some fast, flat traffic free roads and country lanes near Healaugh, Catterton and Bilbrough and is very well supported.  A fantastic turn out by Eccleshill saw 9 roadrunners taking part this year.  Ian Stow came home first in 1:15:20 followed by Debbie Bland (1:23:30), Gillian Jago (1:28:47), Gemma Illingworth (1:28:41 – PB), Vicky Cousins (1:31:55), Lorraine McKnight (1:47:42), Gillian Brown (1:48:01), Jennifer Briedis (1:49:38) and Barbara Stow (1:53:50).  Great running Team ERR and thanks as always to Phillip Bland for the fantastic photos!

**SKIPTON TRIATHLON – SUNDAY 15TH APRIL 2018**

The first triathlon of the season, Skipton Tri is the perfect introduction to the sport made famous by the Brownlee brother and competitors of all ages and abilities are welcomed.  This fun, friendly triathlon consists of a 400m pool swim, a single lap, 22km circuit of some of the stunning countryside around Skipton and a 2 lap 5km run around the glorious Aireville Park.   Congratulations to Gillian Jones who took part in this year’s event, finishing in a fantastic time of 2:15:57.

**THE OVERGATE HOSPICE 10K – SUNDAY 15TH APRIL 2018**

Not contented with running a full marathon this Saturday, David Goodyear and Annie Kisluk ventured to top it off with this very tough little number, the Overgate hospice 10k. Billed as a challenge that takes in some of the best views that Calderdale has to offer and some of the best hills too. The route starts and finishes at the Trinity Academy School in Halifax. Its a tough 5k climb followed by undulations and thankfully a downhill finish segment.Procedes from the race raise vital funds for the hospice upkeep.David finished in 59:33 and Annie in 56:32 An unbelievable achievement well done!

**THE OLD COLLIERY CANTER MARATHON – SATURDAY 14TH APRIL 2018**

Annie Kisluk and David Goodyear added yet another marathon to their growing list of 26.2 milers. This time it was the Old Colliery canter, brought together by the “It’s Grim up North” team. It’s a multi terrain course with a choice of five distances and is situated in a 64 hectare site near Royston in South Yorkshire. It is home to an array of wildlife including newts snakes and herons, another example of Yorkshire being anything but grim. The country Park is better known as Rabbit Ings and it’s located on the former colliery yard and spoil heap of the Monkton colliery and the Royston drift mine which was closed in 1989. Annie crossed the finish line in TBC and David in TBC Another display of grit and determination by two great ambassadors for the blue and whites. Great running well done!

**ASICS MANCHESTER MARATHON – SUNDAY 8TH APRIL 2018**

The ASICS Greater Manchester marathon is now in it’s eighth year and attracts thousands of entrants. Seven of whom were representing our very own running club. It’s billed as the UK”s flattest fastest friendliest marathon. This super- fast course offers great entertainment, outstanding crowd support and a glorious finish not too far from the Emirates Old Trafford ( home of the Lancashire Cricket club) 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 runners of all abilities who lap up the marvellous atmosphere. All finishers picked up a huge chunky medal and a technical t-shirt for their efforts. Crossing the line (in no particular order) for the mighty ERRs were Gareth Harland 03:41:14 Gillian Jago 04:22:40 Ian Stow (First ever marathon 03:47:20) Ian Storey 03:47:59 Julian Bailey 03:23:20 Kyle Bethel (First ever marathon 03:47:38) Sue Gregson 05:53:57 Brian Perfitt (First ever marathon 04:43:37) Finally a big shout out to the fantastic support crew who turned out to cheer on their team mates. A brilliant effort by everyone once again, well done!

**SHEFFIELD HALF MARATHON – SUNDAY 8TH APRIL 2018**

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.  The race even incorporates a ‘triple test’ giving entrants the opportunity to be crowned ‘King of the Hill’ or ‘Queen of the Hill’ in a timed hill climb, triumph in a 10k downhill sprint section and cross the finish line to complete the race.  Completing all this in the blue and white of Eccleshill was Gemma Illingworth in a time of 2:08:12.  Well done Gemma!

**THIRSK 10 – SUNDAY 8TH APRIL 2018**

Having been cancelled due to the snow back in March, the rescheduled Thirsk 10 started from Thirsk Racecourse on a crisp but dry morning.  The race has been run for over 30 years.  The course is flat and fast and takes place fully on roads which lends itself to a fast time and gives all abilities the chance of a PB.  The finish is at the main grandstand at Thirsk Racecourse.  Although tapering towards London Marathon, Debbie Bland won another ‘wine voucher’ for Philip by finishing 2nd in the FV60 category in a time of 1:22:23.  Congratulations Debbie!

**BAILDON BOUNDARY WAY – SUNDAY 8TH APRIL 2018**

Baildon’s own trail half marathon encompasses some challenging terrain around the beautiful village.  This mostly off road race runs adjacent to Salts Mill and also runs past the Woolpack pub in Esholt village, made famous by Emmerdale.  There is also a non-competitive walking race for non-runners or injured parties to enjoy.  The course is described as ‘hills, hills and more hills’ and the terrain is a real mix of woodland, moors and a canal towpath with a particularly tricky incline at around the mile 9 mark.  Taking on the challenge for Eccleshill was Angela Storey who finished (with very muddy feet) in a time of 3:26:06. Well done on a fantastic achievement!

**GEELONG HALF MARATHON (VICTORIA, AUSTRALIA) – SUNDAY 8TH APRIL 2018**

In a weekend packed with races, one intrepid ERRer travelled to the other side of the world to take part in the 30th annual Geelong Half Marathon in Victoria, Australia.  The race starts under the James Harrison Bridge and is run on a lovely scenic route along the beautiful Barwon River, from Belmont, to Breakwater and then up to Fyansford and back to Belmont. The temperatures for Geelong can vary between 11 and 22 degrees Celsius at this time of year but actually hit 20 degrees between 6am and noon and 24 degrees in the afternoon so this was definitely a hot one!   Tony Redmond completed the run in a time of 1:52:04.   Fantastic effort Tony.

**ELVINGTON FLYER – SUNDAY 1ST APRIL 2018**

The other race in the 3rd round of the Summer Championship taking place on Easter Sunday was the Elvington Flyer.  With a choice of 2 distances, 5 or 10 miles, this is a flat fast race around Elvington Airfield, home of the Yorkshire Air Museum.  The museum is the largest independent aviation museum in the UK with exhibits spanning almost the entire history of flight.  This year’s sell out race, marks the 100th anniversary of the RAF and heads straight down the runway of the airfield.    The 5 miles is a small and large lap and the 10 mile is a medium and 2 large laps and winners receive an impressive medal designed to commemorate this special occasion.Gillian Jago led the blues home in an impressive 1:28:10 followed by Martin Steele in 1:37:17, Julie Steele and Debra Grant both with a time of 1:40:13 and Tricia Grant in 1:40:14.  Congratulations on a great effort!

**GUISELEY GALLOP 10K – SUNDAY 1ST APRIL 2018**

Easter Sunday saw the 3rd round of races in the Summer Championship.  With 3 races to pick from, 7 Roadrunners chose to take part in the 23rd Guiseley Gallop.  This is a 2 lap 10k multi terrain course, starting from the Guiseley retail park.  The route starts on woodland tracks with stiles, muddy puddles and a steep uphill section with the added hazard of tree roots trying to trip up unsuspecting runners.  Runners then take in a canal path stretch, a short section past the former Emmerdale Woolpack in Esholt before going back into the woods with a tough uphill finish back to the field at the Retail Park.  Ian Storey (54:55), Mick Hogan (1:10:34), Vicky Cousins (1:15:15), Dawn Hogan (1:18:36), Lorraine McKnight (1:23:34), Angela Storey (1:26:22) and Gillian Brown (1:30:40) were brave enough to tackle the mud.  Well done to all of you for taking part – great effort!

**THE DAFFODIL DASH – SATURDAY 31st MARCH 2018**

Easter Saturday saw the Grim Up North Daffodil Dash take place in the grounds of Temple Newsam.   This trail race, with a choice of distances (6.7 miles / Half Marathon / 20 mile and Marathon), gives runners the opportunity to run on an undulating course through the beautiful grounds of the Temple Newsam estate just outside Leeds which is famous as the birth place of Lord Darnley, notorious husband of Mary Queen of Scots.   Taking part from Eccleshill in the marathon were Annie Kisluk (5:13:56) and David Goodyear (5:31:10).   Well done to both of you on another fantastic set of results!

**TWO OCEANS ULTRA MARATHON – SATURDAY 31st MARCH 2018**

Taking place around the Cape Peninsula in South Africa this weekend was the Two Oceans Marathon.  Billed as the ‘world’s most beautiful marathon’ the 49th consecutive race was held on the traditional route starting on the Main Road in Newlands.  The Ultra Marathon route (56k or 35 miles) is quite flat for the first 28km but then climbs quickly as it approaches the start of Chapman’s Peak.  From Hout Bay, the route climbs again to the highest point at Constantia Nek from where it undulates until the finish at UCT.   Flying the flag for Eccleshill Roadrunners was Mark Sutherland finishing in a time of 5:45:49.  Congratulations Mark on an amazing achievement!

**DARWEN HERITAGE HALF MARATHON – SUNDAY 25TH MARCH 2018**

The Darwen Heritage Half Marathon is organised by Darwen Dashers races and was their first road race in recent years. The route is on roads south of Darwen Lancashire and starting outside Sainsbury’s, it offers ‘glorious, scenic running on quiet roads’.  The course is undulating until around 10.5 miles when the route is all downhill to the finish line back at Sainsbury’s.  If the weather is good runners should be able to see Pendle Hill and Longridge Fell beyond Blackburn and on a very clear day you can see as far as Ingleborough and the Lake District.  Continuing her epic marathon training schedule, Debbie Bland was the sole representative for Eccleshill, finishing in an impressive time of 1:58:43.  Well done Debbie!

**WAKEFIELD HOSPICE 10K – SUNDAY 25TH MARCH 2018**

2 road runners took part in the second of this year’s Summer Championship races, the Wakefield Hospice 10K.   Starting at the Clarence Arena in Thornes Park, this is the 23rd time the race has taken place and is aimed at raising funds for Wakefield Hospice which provides care for people with advanced life threatening illnesses.  On a lovely sunny morning the race started outside the park and took place on an undulating out and back road course.  Kyle Bethell came home in 43:47 and Gillian Jago in 53:08.  Well done on fantastic times!

**THE LEEDS LIVERPOOL CANAL CANTER – SATURDAY 24TH MARCH 2018**

This Weekend saw four Eccleshill road runners taking on various distances in the Leeds Liverpool Canal Canter. With choices of six different disciplines this out and back, fast flat course along the towpaths of the canal is notorious as a PB setter. Organised by “It’s Grim Up North” people keep returning each year to rise up to these challenges. Ian Storey had some unfinished business to attend to in the marathon distance and managed to complete it in (04:02:45) Annie Kisluk (04:31:12) and David Goodyear 05:09:13) also notched up another 26.2 miles. Meanwhile Gareth Harland took on the ultra distance finishing in (05:22:00 TBC) Well done to everyone for taking on this event, great running!

**THE TRIMPELL 20 – SUNDAY MARCH 18TH 2018**

A Massive well done to our dedicated marathon trainers who travelled across to Lancaster today for this very popular event. No less than nine ERRs took to the start line. Billed as the ideal preparation for the latter stages of a marathon runners training programme. The Trimpell 20 miler is a very 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 course is 99% traffic free and is a flat, fast course that takes runners through the historic City of Lancaster and the stunning Lancashire Lune Valley countryside. There is 1 hill on the route and it is at very end of the route leading up to the Castle itself. For those considering running this event for the first time, there is a promise of a warm welcome and a race with fantastic support. It is however a tough distance and despite some breath taking views along the Lune Valley, some serious training beforehand is highly recommended. Braving the freezing temperatures, our hardy bunch of runners posted the following times. Rob Sutton 03:07:14 Gareth Harland 03:16:00 Ian Storey 02:53:27 Sarah Rawlins 03:16:00 Kyle Bethel 02:30:39 Ian Dowsland 02:49:26 Gillian Jago 03:31:42 Ian Stow 02:47:54 Russell Naylor 02:55:11 A fantastic effort by all, good luck with your Marathons and well done!

**SPEN 20 – SUNDAY 11TH MARCH 2018**

Organised by Spenborough and District Athletics Club, Spen 20 is a challenging 2 loop race.  Starting and finishing on the Princess Mary Stadium track the route goes through Scholes, Clifton, Hartshead and Roberttown and incorporates the Yorkshire 20 miles championship.

Marathon training continues for Debbie Bland, the sole representative from Eccleshill this year, who took the V60 Ladies race win with an impressive time of 3:10:59.  Congratulations Debbie (hope you shared the wine with Philip!)

**KEIGHLEY BIG K 10K – SUNDAY 11TH MARCH 2018**

The Keighley BigK is a challenging 10K taking place on every Mother’s Day at the start of the running season and follows a circular route through the paths, parks and roads of Keighley. This event is held in aid of Sue Ryder Manorlands Hospice at Oxenhope.

The best weather for a while saw four Eccleshill Roadrunners take part in this popular local race starting in Victoria Park – Mick Hogan (57:23), Dawn Hogan (1:05:37), Sam Robinson (1:06:59) and Liz Robinson (1:07:09).  Congratulations on fantastic results!

**THE RED HOT TODDY – SUNDAY 11TH MARCH 2018**

Annie Kisluk and David Goodyear added this little gem their 2018 race portfolio. The Red Hot Toddy 10k is tough little local race hosted by Todmorden Harriers which also featured a 1 mile fun run for the kids.The race started in Centre Vale Park Todmorden. The hilly course climbed to Sourhall, before going down Bacup Road then back through Todmorden town centre to the finish at the park. The accurately measured 10km course consisted of two laps of tarmac park road in Centre Vale Park, followed by a single hilly lap of rural and town centre roads before finishing back on the park road.

The high point of the course is just before half way on Todmorden Edge, before the long descent down to Bacup Road and back into town along Rochdale Road. Total climbing is 219m. Taking this in their usual stride, David crossed the finish line in 59:40 whilst Annie posted 57:16 gaining 2nd places in her age category. Another brilliant display by our brother and sister duo, great running well done!

**BRADFORD PARKRUN – SATURDAY 10TH MARCH 2018**

A soggy Saturday morning saw the first race in the Summer Championship at Bradford Parkrun.  Set in Lister Park the 3 mile course is run on wide and smooth surface paths.  The course starts by the fossilised tree and heads past the bandstand and the beautiful Cartwright Hall.  It then heads through the formal gardens, past the Mughal water garden before turning left down a long gentle path towards the entrance of the park.  Turning left again past the children’s play area the run heads for Tony’s corner before heading up the infamous Teeny Tiny hill and back to the fossilised tree.  Having done this 3 times you head up past the bandstand and to the right to finish on the elevated section just above the bandstand.

There was a great turn out from Team ERR with Kyle Bethell leading the way in a fantastic 20:30.  He was followed by  Ian Storey (24:00), Marc Steele (26:05), Vicky Cousins (26:57), Debra Grant (27:59 – PB), Julie Steele (28:21), Tim Barnett (29:27), Tricia Grant (30:51), Simon Lacy (30:59), Liz Robinson (32:04), Gillian Brown (32:24), Lorraine McKnight (33:04),  Laura McDonald (34:25 – PB), Angela Storey (34:41), Caroline Ward (35:56), Anne Blakey (36:04), Linda Marshall (38:46), Kath Lucas (39:07).  Well done everyone!!

**MALTA WALKATHON, HALF MARATHON & MARATHON – SUNDAY 25TH FEBRUARY 2018**

The annual Eccleshill Roadrunners international trip saw over 35 people head to Malta to enjoy a much warmer climate than back home, avoiding the ‘Beast from the East’ or so we thought!.  (The trip did later turn into an adventure as flights were cancelled due to bad weather and it turned into a competition to see who could take the most forms of transport home!)

The Marathon started at 7.30 in the morning and the Half Marathon and Walkathon at 9.15 from the beautiful town of Mdina with the weather promising to be cool with showers.  As everyone taking part discovered the weather was anything but cool and hit a high of 19 degrees with very little shade.

The Marathon route took runners down the main road of Rabat and into a 16 mile double loop round Nigret, Attard and Mosta before joining the Half Marathon, which headed straight from Mdina, at Ta’Quali.  From this point both races followed the main road back towards the coast passing through Blata L-Bajda before joining the waterfront to the finish in Sliema.

Taking part in the Marathon were Gareth Harland (3:59:32), Ian Storey (3:59:41), Dan Kirkham (4:36:55), Sarah Myers (5:19:04) and Sue Gregson (5:38:33).

The Half Marathon had a cracking 19 ERRers taking part – Ian Stow (1:42:44), Ian Dowsland (1:42:53), Garry Ellison (1:49:51), Rob Sutton (1:52:01), Debbie Bland (1:53:38 – 1st place F60-64), Rhea Sutcliffe (1:55:55), Marc Steele (1:57:46), Gillian Jago (2:01:40), Martin Steele (2:14:52), Janice Magennis (2:15:52), Jayne Robinson (2:17:32), Helen Freeman (2:22:29), Don Hannant (2:22:29), Lorraine McKnight (2:25:34), Chris Stanhope (2:25:34), Tricia Grant (2:28:11), Julie Steele (2:28:11), Barbara Stow (2:36:45), Angela Storey (2:48:26 – PB).

3 ERRers took part in the Walkathon – Kim James (2:57:06), Alison Hartley (3:05:23) and Rosemary Beaumont (3:18:13).

A fantastic effort from everyone who took part and a big congratulations to Debbie on her first place in the F60-64 category, Dan on completing his first Marathon and Angela Storey on her Half Marathon PB.  Also a massive thank you to the fabulous support crew who, as always, were there to cheer every single one of the team in.

**THE HAREWOOD HOUSE 10K AND HALF MARATHON – SUNDAY 25TH FEBRUARY 2018**

Three Eccleshill road runners signed up for the half marathon and three for the 10k in this scenic but extremely demanding event. Billed as running with a difference, this popular off road half marathon and 10k was once again set to attract loads of runners in 2018. The very hilly route offers a challenging trail run with miles of muddy tracks, steep forrest inclines and tree lined fields, all set within the beautiful grounds of Harewood House. Back for its fourth year and as brutally challenging as ever, each participant rightfully received a finishers medal as well as an exclusive Heart runners technical t-shirt. Taking on the 10k was Vicky Cousins (55:31) Debra Grant (01:05:47) and Gillian Brown (01:05:47) Taking on the half marathon was Gemma Illingworth (02:16:41) Tony Redmond (01:55:00) and Simon Lacy (02:13:32) Well done to all for competing in this challenge, great running!

**THE SLAITHWAITE SLOG – SUNDAY 25TH FEBRUARY 2018**

Four ERR’s took on various distances in this race today flying the blue and white flag for our club.
Another “It’s Grim up North production” Starting in the Yorkshire village of Slaithwaite, an out and back race along the lovely Huddersfield canal. A well liked event with disciplines from 5k, 10k, half marathon, 20 miles and full marathon. No prizes for guessing that Annie and David’s choice of distance would be 26.2 miles by way of the full marathon. The flat terrain is said to be ideal for those wanting to achieve a personal best. So with a good old Yorkshire goody bag on offer as well as home-made cake and a bespoke medal for all finishers, whats not to like about it? David made his way to the finish line in 05:23:24 and Annie in 05:15:48 another fantastic achievement and other full marathon in the bag for these two. Meanwhile Kyle Bethel finished the half marathon distance finishing in 01:13:31 and last but never the least Laura McDonald running her very first 10k race for us posted a brilliant 01:13:31 Great running by all. Well done!

**HUDDERSFIELD 10K – SUNDAY 25TH FEBRUARY 2018**

Huddersfield 10k was this weeks race selection for Dawn and Mick Hogan. This popular event is usually 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. Cold windy conditions didn’t make the going any easier, especially on the higher ground. The downhill sections can also be very tricky. Starting out at Huddersfield rugby union club at Lockwood Park, the route takes 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 Runners athletic club its a tough race but the rewards of the scenery and the quality performance t shirt for all finishers made it worth the while. Safety cover for the Huddersfield 10k was provided by the Holme Valley mountain rescue. Dawn stormed home in (TBC) and Mick in (TBC) great running both, well done!

**THE LIVERSEDGE HALF MARATHON – SUNDAY 18TH FEBRUARY 2018**

Three Eccleshill road runners took on the mighty challenge of this local Half marathon today which over time has gained a reputation for its hard going and cold wintery conditions.The 23rd stating of this tough hilly half marathon saw better than usual weather conditions today. Normally run in torrential rain or snow blizzards, the 6oo strong field set off from Roberttown for this more or less anticlockwise 13.1 miler. The route heads out from the start towerds Liversedge where a gruelling climb leads the field up to Heartshead moor top, then its a long drag to Balif Bridge before another uphill assault in the direction of Brighouse. The courtse then diverts through Thornhills skirting Willow Valley golf club, where runners then go back over Hartshead moor top before navigating Windy Bank lane to Heartshead itself. Finally to everyone’s relief its back to the finish line in Roberttown. Rob Sutton made an appearance for the men finishing in (TBC) whilst our two lady entrants came away with the coveted 3rd lady first FV 40 Claire Hern (TBC) and Debbie Bland (TBC) 3rd FV 60. A great days runnyng for these three, very well done!

**PECO XC RACE 5 SUNDAY FEBRUARY 11TH 2018**

A hardcore bunch of blue and white warriors stepped up to the start-line for the last race of this years 2018 Peco XC series. Cold gusts of wind, wintery flurries and Huggins of mud were the runners companions for the duration of this 4.7 mile course. Hosted by Kippax Harriers and assisted by STAC, this lovely course is run entirely in the grounds of the beautiful Temple Newsam House. Much fun and merriment was had by all as the route meandered hither and thither taking runners around this multi-terrain panorama of scenic beauty. A good pre-drenching from earlier days made sure the route had plenty of puddles and a generous serving of the dark stuff to titivate the battle hardened mud warriors. An effort made more worth while with the thought of a very tasty cup of piping hot soup, prepared for us by our chef de cuisine (Gary P)The roll call for this blue and white army, in no particular order was Sarah Jayne Robinson 48:59 Mick Hogan 48:50 Debra Grant 51:09  Christopher Stanhope 46:57 Dawn Hogan 55:16   Rob Sutton 45:18 Gareth Harland 40:23 Martin Steele 48:14 Gary Popple 47:41 Julie Steele 51:09 Garry Ellison 42:11 Ian Storey 40:23  Gillian Jago 48:23 Tony Redmond 39:49 and Marc Steele 43:03 A special mention to Tricia Grant our lone support and photography crew member who stormed home, first FV 60 in the synchronised tent catching championships. Great effort today team. Well done!

**THE MUDDY BOOTS 10K RIPON – SUNDAY 4TH FEBRUARY 2018**

Starting and finishing in the grounds of St Winifreds Catholic primary school in Ripon, now in it’s twelfth year the “Muddy boots 10k” lived up to its name for three of our road runners today. Tony Redmond, Annie Kisluk and David Goodyear took on this scenic multi terrain course over undulating farmland and through picturesque countryside, including road , footpaths and trails. This local 600 entry limit annual fundraiser also incorporated a “Golden mile fun run” for the kids, raising money for the school itself. Stomping home first, caked in the proverbial was Tony Redmond 49:36 followed by Annie 62:12 and David  62:13. Fantastic running you three and very well done!

**THE MELTHAM TOUGH 10K – SUNDAY- 28TH JANUARY 2018**

Six Eccleshill road runners took on the infamous “Tough 10k” today. This is race number 10 in our winter championships. (only 2 to go) Hosted by Meltham Athletic Club, the aptly named ‘tough’ 10k is described as a Winter road race with plenty of gruelling climbs, long fast descents and guaranteed challenging weather. Well today was no exception, damp and cold with an annoying wind which always seemed to be in your face. Thankfully as always the mountain rescue were on stand by in case the weather made a turn for the worse. This didn’t stop our intrepid posse of road runners from navigating the rollercoaster of undulations which makes up this course. Meltham is nestled in the Holme Valley below Wessenden Moor it is about four and a half miles SW of Huddersfield on the edge of the Peak District national park. This event is always well marshalled by Meltham Athletic club. All our runners returned home safe and sound positing some brilliant times. Gillian Jago 58:04 Annie Kisluk 55:42 Julie Steele 01:02:00 Debbie Bland 56:28 First FV60 David Goodyear 57:38 and Garry Ellison 50:30. A great effort by everyone and a special mention to our support and photography crew Martin and Philip. Well done!

**PECO RACE 4 – MIDDLETON PARK – SUNDAY 21ST JANUARY 2018**

A freezing cold, wet and wintery Sunday morning at Middleton Park (next to the John Charles sports centre in South Leeds) greeted runners for the 4th race in this season’s PECO series.  The route was a challenging 4.7 miles through fields and both the East and West woods with no shortage of mud.  An exceptional number of ERRers took part (especially given that Saturday was the ERR Christmas do!) in the 9th Winter Champs race.  Results for the Mens team, Kyle Bethell (36:48), Gareth Harland (38:04), Tony Redmond (41:51), Ian Storey (42:10), Garry Ellison (44:21), Marc Steele (46:09), Rob Sutton (46:53), Chris Stanhope (47:33), Garry Popple (48:23),  Mick Hogan (49:49) and for the Ladies team, Gillian Jago (47:14), Sarah Myers (50:09), Jayne Robinson (50:15),  Julie Steele (51:21), Debra Grant (52:14), Dawn Hogan (57:30), Angela Storey (1:05:00), Kath Lucas (1:07:37).  Excellent turn out and some cracking times!  Big thanks to Steele of the Antarctic (Martin) for the support in the freezing cold weather and to Gary Popple for some excellent soup which was very welcome at the end!

**THE INSKIP HALF MARATHON – SUNDAY JANUARY 21ST 2018**

The Inskip Half Marathon is a small, but popular race, said to be great for achieving a PB.Team Bland braved the elements to gain some valuable marathon training today with a trip over to the dark Side.This is a accurately measured mildly undulating fast course taking in the lanes of the Fylde & Wyre countryside. This small 500 entry limit race has a relatively flat profile run as an anticlockwise route taking in the village of Eaves before heading North in the direction of ST Michaels on Wyre then west to both Great and Little Eccleston, South East to Elswick and Wharles then finally back to Inskip. 13.1 miles in the training bag for Debbie. And once again first FV60 which is great considering conditions were so bad that approximately 130 runners failed to start. Brilliant runningDebbie  well done!

**GRAN CANARIA FULL AND HALF MARATHON – SUNDAY 21ST JANUARY 2018**

Two Eccleshill road runners took to flying the blue and whites in the Canaries this weekend by way of the Full and half marathons in Gran Canaria. Running in temperatures of up to 30 degrees, Simon Lacy and Vicky Hudson clocked up some amazing times. The 9th edition of the Cajasiete Gran Canaria Marathon and half marathon, unveiled a new course. It is now a flatter and faster route, made possible as a result of a mutual understanding between the organization and the municipal authorities involved, who, from the beginning, have listened to the runners´ opinions favouring a single lap course.
As a result of this great improvement, and this edition´s main highlight, the Cajasiete Gran Canaria Marathon is on a par with the great European and World marathons. it’s aim is to make this race one of the calendar´s most attractive, not only because of Gran Canaria´s tourist infrastructure and beautiful weather, but also so that event fulfills all the criteria necessary for it to become as attractive as possible for the stars of the event, the runners.
Along with the deep technical analysis that these changes required, the organisation is still committed to a route that runs past Las Palmas de Gran Canaria´s most emblematic sites, the ones that capture the City´s essence best: Las Canteras beach, the historical and cultural centre, as well as the main leisure districts. A brilliant combined effort by Simon posting 04:25:25 for 26.2 miles and Vicky 02:03:56 for 13.1 miles, fantastic running well done!

**BRASS MONKEY HALF MARATHON – SUNDAY 14TH JANUARY.**

Originally intended as club race for Knavesmire Harriers, the Brass Monkey Half Marathon is a very popular, fast and flat race starting from York Racecourse.  Famed for it’s warm, friendly atmosphere and encouraging marshals, the race route takes you southwards through Bishopthorpe, along quiet rural roads towards Appleton Roebuck before returning via Bishopthorpe to finish behind the Racecourse grandstands.

Claire Hern was the sole Eccleshill representative in the race, finishing in a time of 1:29:14.  Well done Claire!

**TEMPLE NEWSAM 10 – SUNDAY 14TH JANUARY 2018**

If you went down to the woods today you were in for a big surprise!!  TNT was back for its third year with 10 miles of beautiful (and very muddy) off road terrain, visiting parts of the Temple Newsam estate that people don’t often see and providing an opportunity to get out those trail shoes that Santa brought you.  It’s the perfect place to splash through giant puddles and get caked in mud (things that most of us with young children have forbidden them to do!).  This year’s course was amended for health and safety reasons providing a more challenging route with an additional hill, Pegasus Hill (and more mud / puddles).

With an incredible number of runners, Team ERR were Kyle Bethell (1:13:22), Russell Naylor (1:19:13), Ian Dowsland (1:20:59), Ian Stow (1:22:05), Ian Storey (1:23:33), Tony Redmond (1:25:43), Stuart Wagstaff (1:35:01), Gillian Jago (1:40:28), Garry Ellison (1:40:28), Sarah Myers (1:42:12), Rhea Sutcliffe (1:41:51), Vicky Cousins (1:42:29), Debra Grant (1:44:17), Mick Hogan (1:45:53), Dawn Hogan (1:53:29), Gillian Brown (2:01:35) and Lorraine McKnight (2:06:17).  Amazing turn out and fantastic running everyone.  Well done Team ERR!!!  (PS  a great big thank you to our fantastic support crew who braved the freezing temperatures to cheer us on us. PPS did I mention the mud and puddles?)

**THE WUTHERING HEIGHTS WINTER WANDER – SATURDAY13TH JANUARY 2018**

Another event brought together by “Its Grim up North” This is the first of their events in beautiful Howarth. This brand new run was a no brainer for our marathon conquering duo David Goodyear and Annie Kisluk. It’s a chance for them to get out into the cold winter air and sample the beauty of the rolling Yorkshire moors and compete in the picturesque surroundings of Howarth the charming Yorkshire village that makes you feel like you have stepped back into another era. Its the perfect venue for this special event. Notching up another brilliant 26.2 milestone David posted a time of 05:51:00 and Annie 05:50:48 Great running and a marathon in the bag once again well done!

**PECO XC RACE 3 JUNIORS 1 MILE – SUNDAY JANUARY 7TH 2018**

A massive big shout out to our only junior representative at this weeks Peco XC in Roundhay Park Sam Dowsland. Sam on his second outing for us in this series entered the year 2  boys category setting of on the gun on this freezing cold  but lovely sunny morning. He put in a sterling performance especially in those wet ,muddy and slippery surface conditions. Sam had a fantastic run and was the first year 2 over the line smashing the 1.2 mile course in 10:12 Wow what a star. Well done Sam!

**PECO XC RACE 3 ROUNDHAY PARK  – SUNDAY 7TH JANUARY 2018**

The seventh race in our summer champs was race 3 of the Peco XC series. It is run in the beautiful surroundings of Rounday Park, Leeds. Hosted by Roundhay runners and assisted by Chapel Allerton. The route which is approximately 4.8 miles took place entirely in the grounds of the park. A bitter cold, but very sunny morning met runners as they flocked to set up for the race. A downhill start enticed runners into mud, leaves and slippery conditions immediately followed by a steep climb which was the precursor to the ensuing undulations as the runners wound their way around an array of terrain which included fields, woodland trail and bogs! ERRs had no less than 23 participants in the race. The runners for the men’s team were:  Kyle Bethel 35:04 Ian Storey 40:00 M. Sutherland 35:25 Chris Stanhope 46:45 Gareth Harland 37:42 Tony Redmond 38:51 Mick Hogan 48:28 Marc Steele 45:24 Gary popple 47:23 Ian Dowsland 38:51 David Lamont 48:06 and Rob Sutton 43:26. Representing the ladies were: Liz Robinson 53:45 Lorraine McKnight 59:56 Gillian Brown 59:22 Julie Steele 48:41 Gemma Illingworth 45:20 Kath Lucas 01:07:01 Dawn Hogan 54:36 Sarah Myers 49:15 Debra Grant 49:38 Gillian Jago 45:45 and Sarah Jayne Robinson 55:32. Well done Team Eccleshill.  Once again thanks for our fabulous support and  & a special mention to the catering crew Martin on Bovril and Hot Chocolate and Gary Popple  for the magnificent soup. Finally thanks to our spectators and Brian for photography. A fantastic team effort well done everybody!

**STUART PAILOR MEMORIAL OLD MONKS TRAIL RACE – SUNDAY JANUARY 7TH 2018**

Team Bland headed to the North East this morning, Debbie’s mission, crack on with some pre-marathon training. Starting and finishing at Hart village Hall in Hartlepool this 5.5 mile multi terrain local race begins on trail taking runners into Dene where runners face challenging climbs before heading back on tarmac sections to the finish line. Debbie posted a great time of 51:53 in what was a tough hilly race. The event was hosted by Hartlepool Burn Road Harriers & AC.  The club is 123yrs old this year so they presented a bottle to the 123rd finisher & to the runner with bib No 123. Debbie as always was supported by her ever faithful companion, Dolly made her usual appearance too. Excellent running once again Debbie, bring on the marathon. Well done!

**SIR TITUS TROT – SATURDAY JANUARY 6TH 2018**

So it is the first of many marathons in 2018 today for David Goodyear and Annie Kisluk.  Adding to the growing string of 26.2 milers last year. Today they took on this fabulous trail race from a choice of five distances in total. It was brought to them by “It’s Grim up North” The route was a scenic fast flat, out and back trail along the beautiful tow paths of the Leeds Liverpool canal. [Noted to be ideal for pb hunters] Annie and David notched this one up with very respectable times of 04:25:?? Annie TBC and 05:09:?? For David TBC. Brilliant running as always, well done!