#  RACE REPORTS - 2019

**RACE FOR LIFE PRETTY MUDDER 5K – Sunday 21st July 2019**

Debbie Merckx did something a little different this weekend as she joined in the fun in Halifax to raise money for cancer research. Race for Life started 25 years ago as a women-only event. The first event was held in Battersea, in 1994, where 750 participants raised £48,000. Since that point it has grown into a series of hundreds of events across the country, raising nearly £500 million towards beating cancer over the last quarter of a century. The Pretty Mudder is a brilliant 5k muddy obstacle course where participants scramble over A-frames, crawl under cargo nets, lurch  through mud pits on their bellies and generally have a heap of fun with their friends. And all this whilst raising valuable funds for life-saving research. The 5K obstacle course completes one lap of the grassed areas close to Savile Park Road, before heading into Manor Heath Park. The route is a mixture of roads, grass and tarmac paths. Debbie finished the mud fest in fine style. Time TBC brilliant effort , well done!

**THE BRIGHOUSE 10K – SUNDAY 21ST JULY 2019**

With the support of local businesses and Calderdale Council, Cannonball running events have organised Brighouse running festival. Options include a 5K , 10K and a fun run. Earning themselves valuable points on the championship table, our Eccleshill Road Runners chose the 10k to represent the blue and whites this Sunday in this race. Closed roads were set to make this fast flat 3 repeated lap route with only one small undulation (only 43 metres in total) a potential PB seeker. To add to the atmosphere the festival hosted several market stalls and this chip timed race awarded a free snack and drink at the finish. The Blue and whites were Dan Jenkins 47:07, Claire Tailford 52:47, Sarah Rawlings 55:37, who won a prize for 1st FV50 age category. Sarah Myers 64:01, Gareth Harland 57:18, Agata Cienciala 57:17 who won a prize for first blind runner. Amazing running well done Everyone!

**WASHBURN VALLEY RELAY – FRIDAY 19TH JULY 2019**

Hosted by Otley A C the Washburn Valley Relay takes place in and around the picturesque surroundings of Fewston and Swinsty Reservoirs north of Otley, on public footpaths, bridleways and a small amount of road in the scenic Washburn Valley.  Every stage finishes with an uphill jaunt back to the Yorkshire Water car park.

Teams of three run individual legs of differing distances, leg one (3.0 miles) takes in a hilly woodland area before descending back down to Fewston reservoir, leg two  (4.01 miles) is around the very undulating perimeter of Fewston and leg three (3.30 miles) is around Swinsty reservoir with a short woodland section.

Eccleshill entered four teams:

Eccleshill Kites: Abbie Cheetham Debra Grant Inan Stow

Eccleshill Hawks: Gareth Harland Julie Steele Claire Tailford

Eccleshill Ospreys: Tony Redmond Ian Storey Sarah Rawlings

Eccleshill Kestrels: Debbie Merckx Sarah Myers Agata Cienciala

Well done everyone & big thanks to our support crew (Times TBC)

**GOLDEN ACRE PARK RELAY – TUESDAY 17TH JULY 2019**

Hosted by Abbey Runners, this year’s Golden Acre Relay lived up to its reputation with a massive uptake on entries from teams and running clubs from all over. The sun shone and great team spirit flowed around the picturesque park. The blossoms were in tip top condition and the starting field had an air of meadow about it as it had been left to grow in places. Eccleshill’s five teams were up for the challenge and gave their best to get round the challenging undulating 2.7 mile trail.The usual great support and cheering welcomed each runner as they emerged from the woods to pick up pace on the sharp downhill bend and victory towards the finish line. A big thanks to all who participated and our support crew for making this another success. The obligatory picnic finished off what was a lovely evening. Great running well done!

The teams were:

Eccleshill Eagles: Tony Redmond 22:32 Julie Steele 23:08 Marc Steele 20:20 Total time **1:05:59**

Eccleshill Ospreys: Abbie Cheetham 21:55 Ian Stow 20:04 Brian Perfitt 25:50 Total time **1:07:48**

Eccleshill Kestrels: Gareth Harland 17:50 Jayne Robinson 27:32 Claire Tailford 23:52  Total time **1:09 13**

Eccleshill Kites: Ian Storey 21:53 Sarah Rawlings 25:20 Sarah Myers 27:34 Total time **1:14:46**

Eccleshill Hawks: Debra Grant 25:43 Agata Cienciala 29:35 Garry Ellison 23:39 Total time **1:18:56**

**DUNCOME PARK HALF MARATHON – SUNDAY 14TH JULY 2019**

It’s another event organised by “It’s Grim up North” It’s a 6.2 mile loop which is run twice, plus a bit and it all started off with runners picking their bib numbers up at the Feathers pub in the town square. Starting in the beautiful grounds of Duncombe park this magnificent course takes runners through the edge of the lovely town of Helmsley and onto the trans Pennine trail. The course is undulating but stunning. It’s a proper good venue where camping is available all weekend to make the most use of the superb surroundings. Sarah Myers and Angela Storey represented Eccleshill road runners today at this lovely event earning themselves a bespoke medal as well as some beer and chocolate which  was given to all finishers. Great achievement both. Angela and Sarah finished in a time that allowed them to saunter at a steady pace and cuddle dogs and chatter with marshals and Oh am I going on! Times not applicable : ) well done!

**ILKLEY HALF MARATHON – SUNDAY 14TH JULY 2019**

THE inaugural Ilkley Half Marathon was all ready and set and go for a stunning road race today and so was Annie and David who put the blue and white flag firmly on the start line. This brand new race takes competitors through the centre of Ilkley and around the picturesque surrounds of Wharfedale. Organised by Ilkley and District Round Table, they are aiming to raise over £30,000 for charity. The race director Nick Helliwell, said: “We are delighted to be able to announce the very first Ilkley Half Marathon. Our town has a growing reputation for superb sporting events. With 2000 places available this undulating chip timed race on closed roads looks set to become very popular. David and Annie loved everything about the event which had a great atmosphere. Both received a great medal and a t-shirt for their efforts. Times David 2:08:47 and Annie 2:04:42 Brilliant running well done!

**THE YORK TRIATHLON – SUNDAY 14TH JULY 2019**

**The York Triathlon**returned to York Sport Village and the 2019 UK Triathlon Race Calendar for the sixth year running, with 2 distances to choose from and the option to enter as an individual or relay team.

The triathlon starts with a swim in the heated indoor pool, follows on with a flat multi-lapped bike course and finishes with a run.

This spectator friendly venue is perfect for crowds to cheer on competitors and create a fun & relaxed atmosphere so, whether participating or supporting, it get’s colleagues, friends and family involved, taking on the challenge or joining in the fun. Now a regular at triathlons Paul Croston took part in the Sprint triathlon which consists of  a 400m swim; 18 kilometre cycle and a 5 kilometre run and earned a fabulous medal – Well Done Paul (times TBC)

 **THE TENBY MARATHON – SUNDAY 7TH JULY 2019**

Brother and Sister David and Annie are back at it again, notching up the 26.2 miles as if they are just a stroll in the park. This time it’s a trip over to Tenby a 13th century harbour town in South West Wales. This run along the dramatic Pembrokeshire Coast National Park is a one of a kind marathon perfect for all levels. You don’t need to worry about traffic or beeping horns as the route is entirely traffic free as all the roads are closed just for the runners. It’s a stunning event starting and finishing in Tudor Square Tenby. Runners cover the countryside route to Pembroke then head along the coastline before culminating in a brilliant red carpet finish to the roar of the cheering crowds. Once again our determined duo came up with the goods. Clocking up yet another marathon to add to the many already done! David finished in ( TBC  ) and Annie in ( TBC ) Brilliant running well done!

**ASDA FOUNDATION RUN FOR ALL LEEDS 10K – SUNDAY 7TH JULY 2019**

Vicky Cousins, Anne Blakey, Justyna Kurkowska-Bies and Jonathan Tansley took the blue and white flag to the start line of this annual event now firmly cemented in the Leeds running calendar. The one that started it all. The Asda Foundation Leeds 10K is the original legacy run of the late Jane Tomlinson, who took on a series of endurance challenges to raise nearly £2m for charity despite battling terminal cancer. Jane died in 2007 soon after launching the 10K and now it is a highlight on the city’s running calendar – a hugely popular and inclusive event for runners of all abilities that captures the can-do, inspirational spirit displayed by its founder. With large crowds lining the route, a fantastic atmosphere always ensues as friendly volunteers all contribute to the success of this fabulous flat run that takes in many historic city centre landmarks. Another great year for the race, raising valuable funds for charity. Results (still to be confirmed:)  Jonathan finished in (TBC ); Anne (TBC), Justyna (TBC) and Vicky in (TBC) brilliant running well done all!

**THE BURN VALLEY HALF MARATHON – SUNDAY 7TH JULY 2019**

“Hills Hills and more hills but a lovely route” was how Tony Redmond (our only ERR’s entrant) described this half marathon, billed as one of the most scenic and demanding halves in England. Organised by Ripon road runners after a break of several years but as previously it starts and finishes in the beautiful market town of Masham (The gateway to Wensleydale) This race is now part of the Ripon runners Hornblower series. The course was run entirely on minor roads, starting in Masham market square and going through the grounds of Swinton Castle then it followed the picturesque Burn valley where it eventually rises to Leeds Pals war memorial near the top of Breary Banks. From there it drops down past Sprout house farm and returns via Colsterdale and the villages of Healey and Fearby. There is a fast downhill section before climbing back to Swinton Castle and the finish at Masham school.Tony finished in 1:57 (unofficial – tbc).  Another fantastic effort, well done!

**HEPTONSTALL FESTIVAL FELL RACE – SATURDAY 6TH JULY 2019**

Participants in the Heptonstall Festival Fell race can enjoy all the fun of a music festival in addition to their run and are encouraged to bring the family and a change of clothes to enjoy a family music festival with live bands on 2 stages in the ruined church and Weaver’s Square, along with beer tents, street food, and children’s entertainment.  As for the actual race, it is a 9.5 km (5.9 mile) course which starts in the hilltop village of Heptonstall, the route plunges deep into a neighbouring valley before finding its way to the top of a nearby peak. It then returns in similar fashion. So yes, that does mean they finish with an almighty uphill struggle. There’s a good mix of terrain. Cobbles to start with then some grassy fields, muddy slopes, rocky bridleway and open moorland, some of it pathless. If they look up occasionally, runners  are treated to some fantastic views. Liz Robinson was the lone ERRer taking part and finished the race in 1:45 – well done Liz!

**ST AIDANS 10K – FRIDAY JULY 5TH 2019**

Race number 10 in our summer calendar, formerly known as the East Leeds 10k is now the St Aidans 10k. This event is a perfect introduction to off-road running and an ideal race to test your speed. It’s a fast flattish trail race along public footpaths and bridleways in and around the idyllic settings of St Aidan’s Country Park in Leeds. Once an open cast mine it has now been restored to a wonderful nature park for everyone to enjoy. Not one Eccleshill Road Runner turned up for this to amass valuable points in the champ’s tables at this critical time. This was due to catastrophic battery failure on Mystic Myer’s crystal ball (lesson learned, always keep spares) she was unable to anticipate the  bloody race selling out before any ERR’s could enter it! Starting by the RSPB visiting centre (as if anybody’s bothered) the route crosses and follows the river Aire to Lemonroyd Marina before circling the country park back to the beginning. St Aidan’s nature park is a stunning place to explore with amazing views and wonderful wildlife spectacles on offer. By way of compensation to anybody that was thinking of entering the race it was agreed, after negotiations which went on long into the night that they will get ZERO free points added to their score on the champ’s table. A brilliant effort from all our non-runners and a massive thank you to all our support crew, who didn’t turn up either. Well done!

**ECCUP 10 MILE – SUNDAY 30TH JUNE 2019**

Race 9 of the club’s Summer championship came in the form of the 27th edition of the Hollybank Eccup 10 mile race, so called as the hosts, Abbey Runners, support charities the Hollybank Trust and Solace from the proceeds.  Billed as Leeds most popular 10 mile race, Eccup is run mainly on rural, closed roads with a short wooded section and a lovely jaunt around Eccup reservoir which today provided a welcome breeze in the heat. The challenging, very undulating route was conquered by 15 Eccleshill Road Runners each earning themselves valuable points on the championship table, leading the team home was Mark Sutherland in 1:14:30 followed by Ian Stow 1:19:52, Tony Redmond 1:24:17, Ian Storey 1:30:05, Annie Kisluk 1:30:20, Robert Sutton 1:32:27, Paul Croston 1:32:53, David Goodyear 1:32:23, Sarah Rawlings 1:33;51, Claire Tailford 1:35:41, Debbie Merckx 1:37:45, Julie Steele 1:38:25, Lee Matthews 1:38:44, Sarah Myers 1:50:00 and Anne Blakey 2:00:08. Fantastic effort, well done everyone and thanks to our support crew cheering us up the hill to the finish!

**ENDURE 24 BRAMHAM PARK  – SATURDAY 29TH JUNE 2019**

This the first northern based Mizuno Endure 24 is based at Bramham Park home to the Leeds Festival. Now in it’s second year this event attracts around 3000 runners, with another 3000 friends, family and supporters attending the event for the weekend, making for a busy event. The race village features 24 hour catering, entertainment, massage and showers, it opens on Friday morning and closes on Monday lunch time.  The race takes place over a 5 mile (8 Kilometre) woodland trail loop in Bramham Park and through the camping and event race village. Solo competitors have their own dedicated camping area close to the support areas. Around 20 runners out of the 200 solo entries pass the 100 mile mark receiving the coverted 100 mile club t-shirt. Dan Jenkins chose the solo option and completed 65k i.e. 8 laps of the course in 8:31:31, his fastest lap being 49:18. Well done Dan showing immense endurance before retiring to the bar!

**THE SUMMER MILE – WEDNESDAY 26TH JUNE 2019**

A mad dash from home or work this Wednesday evening saw a brigade of Eccleshill road runners scramble up the stairs of the Pack Horse pub to collect their numbers for the 9th edition of the “Summer Mile”. Hosted by Hyde Park Harriers.An event where, for once you get a chance to run against the clock instead of your fellow runners. Entrants predict how long it will take them to run the measured one mile course and are then matched up with like minded people. You are then set off in waves to achieve or even better your target time. The course is a simple but effective anticlockwise triangular loop guarded at one apex by the Queen Victoria statue. Two loops of this opens the way for a sprint finish over the chip timing matts and the glory of chocolate and a shiny medal await.  Everybody from our club gave maximum effort resulting in awesome finishing times. Team spirit was at its best and our runners and support crew made sure nobody was left out.Times were; Gemma Illingworth 7:30 Martin Steele 7:29 Claire Tailford 7:25 Tricia Grant 9:15 Dan Jenkins 5:50 Sarah Rawlings 8:04 Garry Ellison 6:53 Julie Steele 7:45 Lorraine McKnight 10:24 Marc Steele 6:12 Vicky Cousins 8:05 Sarah Myers 8:18. A brilliant experience, well done everybody!

**RUSH AROUND THE RHUBARB – TUESDAY 25TH JUNE 2019**

Hosted by Pudsey & Bramley AC this midweek race offers a chance to run at a unique distance of 6k. With just 150 places the race grows in popularity each year. The multi-terrain course takes runners on tracks and paths around the rhubarb fields in Pudsey. The recent bout of heavy rain made for tricky conditions underfoot with huge puddles and copious amounts of mud testing runners to the max. Braving the challenge were Dan Jenkins (29:29) Julie Steele (32:05) and Stuart Wagstaff (34:32)

Well done and big thanks to support from Brian who cycled down to cheer on our runners!

**GOLCAR 10K – SUNDAY 23RD JUNE 2019**

With just 200 places available for this local race, numbers were allocated on a first-come-first-served basis. And David Goodyear decided that he was having one of them. Hosted by the team behind the Colne Valley Mountain Bike Challenge and starting and finishing at the same place the picturesque Leymoor Cricket Club. The marshalled route flows through parts of longwood and up through Outlane golf course with stunning views over Huddersfield as you complete the challenging course. After the run, participants and their friends were able to enjoy a well deserved drink at the Walkers Arms who sponsored the race, directing the funds raised to the Leymoor cricket club. David finished in fine style in (01:03:53) excellent running well done!

**YORKSHIREMAN HALF IRONMAN – SUNDAY 23RD JUNE 2019**

In preparation for a full Ironman in August, Tony Redmond (and his two brothers) entered the inaugural Yorkshireman half ironman – this includes a 1.9 km swim, a 90 km cycle and a 21.1km run.

Over 2 years in the planning, the organisers the Freebird team, are so proud to be able to launch the Yorkshireman Half.
Aptly named, the Yorkshireman is set in a fantastic location at one of Yorkshire’s finest stately homes.  The event welcomes competitors of all abilities and are proud to have built a reputation of being extremely friendly and welcoming to all our participants. Set within stunning grounds, amongst the beautiful Yorkshire countryside, the unsurpassed popularity for cycling and the amazing support of the Yorkshire folk, it is believed that this event is set to become one of the UK’s iconic, must do events. The cycle section enters the beautiful Yorkshire Dales and takes in some of the roads that have been used on the now famous Tour of Yorkshire, whilst another section of the bike route shares roads that will be featured in the elite road race cycling world championships which are set to visit Yorkshire in 2019. Fantastic effort! Really well done! Tony’s finishing times were:

Swim: 46:15 T1:12:49 Cycle: 2:59:04 T2: 04:41 Run: 2:13:21 Total: 06:16:12

**SOLSTICE SAUNTER – FRIDAY 21ST JUNE 2019**

Two Eccleshill members took part in the fourth edition of the Solstice Saunter hosted by Airedale Dodgers on behalf of Sue Ryder.

Held at the beautiful Bolton Abbey Estate, the Solstice Saunter is a circular route of five miles that starts from the Cavendish Pavilion car park and runs a clockwise loop up through Strid Wood to Barden Bridge, then back along the road to the finish line at Cavendish Pavilion. The route goes along tarmac and gravel paths with a short section on grass. Times were Mark Sutherland 38:11 & Caroline Ward 60:32.

**FRECKLETON HALF MARATHON – SUNDAY 16TH JUNE 2019**

A busy weekend of racing culminates with the oldest half marathon in the UK, the Freckleton half marathon, lone Eccleshill member Robert Sutton made the journey over to the other side of the pennines to Lancashire and the heart of the beautiful Fylde coast for the 55th edition of this race hosted by Freckleton Club Day Sports Committee. and raises vital funds for the fabulous charity, ‘Heartbeat’. As well as being the oldest half marathon it is also rated as one of the top races in the country. Steeped in history, the initial race was heralded a success as legend Ron Hill accepted an invitation to run, going on to win the race in 65:44, four years later setting an event record of 64:45 which still stands today.

Rob finished the race in 1:57:04, well done!

**THE BAHT’AT HALF & FULL MARATHON – SUNDAY 16TH JUNE 2019**

Organised by keen fundraiser Jonathan Carter, his idea was born out of a desire to keep on supporting the Brathay Trust following his 40 marathons in 12 months, raising money for the charity. Part of this challenge included the 10 in 10 (a marathon a day for 10 days). The Baht’at trail marathon and half marathon are multi-terrain races taking place in the beautiful Yorkshire countryside. Starting at Keighley’s Victoria Park the race heads over Ilkley Moor and returns back to the finish in Keighley, the marathon taking in two laps of the challenging route, again made all the more challenging by the recent spate of bad weather which made conditions under foot extremely challenging. Taking on the marathon was Gareth Harland 4:18:22, and completing the half marathon we had Claire Tailford 2:51:06, Jayne Robinson 3:10:19, Annie Kisluk 2:34:55, David Goodyear 2:37:01 & Christopher Stanhope 2:30:21.

**PUDSEY 10K & FUN RUN – SUNDAY 16TH JUNE 2019**

Race 7 of the club’s Summer championship came in the form of this challenging 10k race hosted by Pudsey Pacers AC  and 2019 will be the 29th anniversary of this event. A fun day for all the family starts with an under 8’s park run at 9:30am followed by a 3k family fun run at 10am and finally the 10k challenge at 10:45am. The fun run begins from Pudsey Cenotaph, goes along Carlisle Road, with a left turn on to Fartown, Roker Lane, left turn on Littlemoor Road, along to the next left turn on Radcliffe Lane which takes runners up to park entrance to a raucous finish inside the park. The 10k race is a multi terrain, undulating course, again starting from Pudsey Cenotaph, South Parade to Littlemoor Road. Left turn on to Littlemoor Road, left turn on to Radcliffe Lane, left turn on to Chapletown, left turn on to Carlisle Road, right turn on to Fartown, left turn on to Bankhouse Lane and into the Valley. Runners then return from Tyersal Lane, Smalewell Road, right turn Green Lane, left turn Greentop, proceed on to Fartown, Roker Lane, left turn on to Littlemoor Road, along to left turn on Radcliffe Lane and up to Park entrance. It was clear to see from the finishers that it was very muddy in places, not surprising given the heavy rain we have had over the past couple of weeks. None the less we had some sterling performances from Claire Hern 46:20, Daniel Jenkins 49:34, Tony Redmond 55:20, Brian Perfitt 63:05, Sarah Rawlings 63:17, Mick Hogan 65:35, Sarah Myers 70:46 and Vicky Cousins 70:46. Taking part in the family fun run (with a little less mud!) we had Julie Steele 17:26 and Marcus Myers 17:23. Well done Everyone & thanks to our support, photography & volunteering crew.

**OTLEY 10 MILE RACE – WEDNESDAY 12TH JUNE 2019**

This popular midweek race is a long standing race organised by Otley AC for more than 30 years and attracts a field of over 500 runners. Five hardy Eccleshill members travelled to the market town on a misty, damp evening. A slightly altered route was devised at the eleventh hour as the Cricket Club imposed a ban on a pitch finish due to it being waterlogged. Runners were walked to the start line 10 minutes away where the klaxon sounded to set them off on their way towards Pool for a fast 3 mile start to the first water station.  A mile later after crossing the busy Pool bridge a left turn to Leathley heralded the start of the gradual climb followed by some testing hills crossing the Washburn valley north of the town. Some fast downhill sections ensure runners are able to claw back some time as they speed back down to the town. Eccleshill’s finishers were Robert Sutton 1:28:29, Julie Steele 1:29:52, Dan Jenkins 1:29:52, Claire Tailford 1:38:31, Agata Cienciala 1:47:30 and Gareth Harland 1:47:30.

Well done everyone and big thanks to our support crew (aka ShakERR poster posting beer drinkers!)

**SCAFELL SKY RACE – SATURDAY 8TH JUNE 2019**

It’s big, Taking running to the next level Ian Storey and Gareth Harland have had their eye on this event for a good while and have hopefully put in enough training to endure the consequences. With no less than 40 kilometres of mountain terrain and 3500 metres of ascent this beast of a challenge is played out on technical single track trails from start to finish. It’s a Lake District journey set to test the speed and endurance of experienced and aspiring mountain runners. A circular newly designed route allows participants to run from the iconic National Trust’s Stickle Barn, over lakeland fells and through lakeland valleys whilst they summit England’s highest mountain en route and traverse some of the most challenging trails in the central Lake District. There are sections of scree and some light scrambling is also necessary so it’s a serious test of nerve, skill and endurance. Elite mountain runners will cross the line in under five hours but realistic cut off times mean that final finishers had up to eleven hours to get back to race base, where they were welcomed with a hearty finishers meal and a bottle of limited edition Scafell Race cider which is produced locally by Cowmire Hall. Runners from all over the world flock to this event which last year was the UK National Team qualifying race for the Skyrunning World Championships. Our dynamic duo survived this challenge, which is really not for the faint hearted, in horrendous weather conditions. A race where it’s not unusual to see up to a third of the field pull out due to the sheer brutality of the technical, multi terrain. An absolutely awesome effort guy’s, finish times were: Ian, (despite sustaining an injury 3.5 miles into the race) 09:41:19 and Gareth 09:18:58. Really well done to the both of you!

**THE HULL HALF MARATHON – SUNDAY 2ND JUNE 2019**

It’s big, it’s brilliant and it’s back. Following a successful debut in 2018 the Hull Half Marathon returned for 2019. Anne Blakey and Sarah Rawlings decided to grab themselves a slice of the action. In a city with a street boasting the wonderful name of “Land of Green Ginger” the event promised to spice up the 2019 summer season. The race is held on the same day as the popular Asda Foundation Hull 10K to create a festival of running that brings thousands of runners on to the city’s streets. Starting and finishing in Alfred Gelder Street, the largely flat course offers great PB potential and takes in The Deep, Humber Dock Marina, Hull City Hall and the University of Hull before heading back for a bit of a tricky finish merging with the 10k runners in the heart of the city centre. Well organised, friendly staff made sure the proceedings went to plan creating a fabulous feel good factor around the city. All finishers earned themselves a great goody bag complete with t-shirt and medal. All in all a great race, well organised and great support from marshals. On what turned out to be a very warm day, Anne finished in (2:47:29) and Sarah in (2:07:16 Not confirmed yet) Fantastic effort and well done both for representing our great club out on the East coast!

**THE HUDDERSFIELD MARATHON – SUNDAY 2ND JUNE 2019**

Taking place again this year the Huddersfield marathon is a great way for Annie Kisluk and David Goodyear to bring their summer running to an exciting and fulfilling start. With an entry limit of just 200 this is no ordinary marathon, it’s a unique bespoke family event offering full and half marathon as well as 5k and family fun run. The route is challenging and hilly, it is Huddersfield after all. The route was certainly a bit different with one lap for the half marathon runners and two laps  for the full. The opening part is where most of the hilly section is before a kinder run into the finish. The course is billed as the toughest road marathon in the country. As usual David and Annie took it all in their stride (pardon the pun) picking up a fab medal and a t-shirt each adding another 26.2 miler to their ever increasing list. Annie got round in a brilliant time of (05:41:24) and David in (05:41:33) Fantastic running, well done!

**THE APPERLEY BRIDGE CANTER – THURSDAY 30TH MAY 2019**

Eccleshill had 8 runners out in the blue and white for this midweek, challenging, largely off road 10k. Hosted by Horsforth Harriers this popular local race was a complete sell out for this the 15th edition. Race HQ is situated at Woodhouse Grove School with the runners being walked from the grounds up to the start in Woodlands Drive. An uphill jaunt starts off the race which then takes on various tracks and woodland sections before a challenging downhill dart through fields leads to a flat sprint finish around the sports field back at Woodhouse Grove to cheering supporters.  Leading the pack home was Ian Stow in 50:15, closely followed by Tony Redmond in 51:36, Julie Steele 55:12, Marc Steele 57:26, Brian Perfitt 58:49, Martin Steele 59:32, Mick Hogan 60:32 & Anne Blakey 73:49. Finishers were rewarded with a bottle of Horsforth Brewery Beer, a Mars Bar and a commemorative bottle opener key ring

Well done everyone and big thanks to our support crew!

**THE LIVERPOOL ROCK ‘N ROLL HALF MARATHON – SUNDAY 26TH MAY 2019**

On a weekend where two major marathon festivals clashed six ERRs and their entourage visited this Merseyside extravaganza. Starting on the Saturday with the 5k then rocking on to Sunday with the full, half and the one mile fun run. Lorraine McKnight, Angela Cunningham, Vicky Cousins, Caroline Ward, Ann Blakey and Claire Tailford paid pilgrimage to the famous Liverpool half marathon. The 13.1 mile course has evolved dramatically over recent years with the start and finish moving to the Pier Head area for the first time in 2013. It is predominantly flat with an incline just after the 1 mile point. Just after 3 miles at Sefton Park runners can enjoy the natural beauty of the park taking in both the external roads and internal park pathways. Later runners pass the elegant Palm House before crossing the old Iron Bridge heading toward the lake at the bottom end of the park. After going through the main park pathway they then loop back around the outside and along a much welcomed slow descent toward Otterspool Park and the the waterfront promenade. The promenade section takes in the Liverpool Marina along the way with runners following a four mile stretch back to the finish line, ​passing ​the Liverpool Arena at just after 12 miles. In the last mile runners pass the rear of the Albert Dock. Some fantastic running here this weekend ladies, your times are Lorraine (02:31:53) Angela (02:27:42) Vicky (02:13:51) Caroline (02:40:28) Anne (02:36:18) Claire (TBC)  A massive shout out to all your support crew for their encouragement too, Well done!

**NORTHALLERTON 10K – SUNDAY 26TH MAY 2019**

Nearer to home, three Eccleshill Road Runners opted for the challenging Northallerton 10k. This year saw the 5th Edition of the race. The organisers designed a loop that takes runners from an electric, atmospheric start on Northallerton high street. Then venturing out of the town into some of the most stunning country road views in North Yorkshire. The organisers boast that the course has been conquered by all abilities & ages from 15 to 82 yrs old! The route is predominantly on country roads that are safe & heavily marshalled.  The Three Eccleshill runners were Debbie Merckx 54:18, Annie Kisluk 55:07 and David Goodyear 55:07

Well done Folks!

**EDINBURGH HALF & FULL MARATHON – SUNDAY 26TH MAY 2019**

An array of Eccleshill Road Runners made the journey up to Edinburgh to take part in either the full or half marathon, part of the Edinburgh Marathon Festival, these events offer a range of distances across the weekend making for an extremely popular event which sells out year on year, attracting thousands of participants. Living up to Scotland’s reputation, the weather this year, was quite inclement with pockets of wind and rain following the runners throughout the course, when not raining it was though, rather warm. Both the half and full marathon offer a PB potential, fast flat course which starts on Potterrow in the grounds of one of the oldest Universities in the world, this incredible city centre start takes runners through the very heart of Edinburgh. As they pass Greyfriars Bobby, the National Museum of Scotland and into Princes Street Gardens, with the iconic Edinburgh Castle as the backdrop. The route then takes in the ‘Gothic Rocket’, otherwise known as the Scott Monument, as it meanders down the historic Royal Mile, heading towards and past the somewhat controversial Scottish Parliament building. Here they can look up and take in the spectacular Arthurs Seat & Salisbury Crags, as well as the Palace of Holyrood, before departing the Royal Park and heading east towards the coast. As they reach Musselburgh, they run past the oldest golf course in the world, where it’s documented that golf has been played as early as 1672, before heading further East on the flat towards the historic village of Preston Pans before turning and heading back towards the beautiful finish line within the vast playing fields of Pinkie School, for the marathon runners though the finish is of course not yet in sight, heading further East on the flat to Gosford House, an imposing neo-classical mansion which was one of the last great architectural commissions of the celebrated Scots architect, Robert Adam. They then turn and head back along the coast, to see the beautiful finish line ahead, one of the greatest sights for any marathon runner! Taking on the Marathon distance were Gemma Illingworth 4:00:22, Gillian Brown 5:36:20, Daniel Jenkins 3:54:56, Sarah Myers 5:10:44 and Ian Storey 4:08:45. The half marathoners were, Martin Steele 2:27:48, Garry Ellison 2:27:49, Julie Steele 1:56:18, Tricia Grant 2:27:58, and Marc Steele 1:47:31.

Well Done Everyone!

**THE CALVERLEY SCHOOL RUN - WEDNESDAY 22ND MAY 2019**

Five ERR’s opted for this midweek local race which was blessed with ideal running conditions. This is the second staging of the school run after a successful event last year. Calverley Church of England school are pleased to offer the 5k and 10k runs but this year with an additional option of a 20k for long distance runners. The route is a mixture of good footpath and trail with a dash of woodland trail, field and canal towpath. Last year’s runners gave excellent feedback prompting the hosts to put on an even better event this time. The school is keen to increase their sports and PE provision and this is a way of providing the resources to do so. Events like this create a fantastic opportunity to contribute to this lovely school. Completing the 10k tonight were Debra Grant Sarah Rawlings Sarah Myers Abbey Cheetham Anne Blakey. Times TBC Great running and a shout out to the support crew. Well done!

**COOKRIDGE COMMUNITY RUN - SUNDAY 19TH MAY 2019**

On a weekend that was forecast to take a dip in temperatures, the sun shone proudly as 7 Eccleshill road runners lined up at the start of this inaugural trail10k race the Cookridge community run. A race destined to pay tribute to the memory of Gareth Dunn. Gareth turned out to be a legend after passing away to a very aggressive form of cancer (Sarcoma)  just before loosing his battle this incredible man managed to raise well over £100,000 in just over a year for cancer research. The aim of this event moving forwards is to continue his legacy. The route is described as a flattish course containing one grass hill half way round. The race starts at the village scout hall on Pinfolds Lane and goes down the lane around Pauls pond in an anti-clockwise direction. It then takes you into Golden Acre Park, following the path still in an anti-clockwise direction passing a nature reserve on the right. It continues on this path and moves on to a grassed area then up a hill towards Arthington road car park. More trail path from here takes you through the woods with plenty of roots underfoot to navigate. Eventually after a complete loop of the main path and a clockwise circuit of the lake, runners trace their way back to the scout hut and the finish line. All 7 road runners made it back to the finish line to pick up a well stacked goody bag and commemorative t-shirt. Chip time results were Sarah Myers [01:08:25] Garry Ellison [51:38] Marc Steele [49:06] Martin Steele [01:04:35] Julie Steele [54:47] Anne Blakey [01:13:07] Daniel Jenkins [46:30] A really nice well organised local race with friendly marshals. Great running team ERR, well done!

**ASICS WINDERMERE MARATHON - SUNDAY 19TH MAY 2019**

The second marathon in as many days for Annie Kisluk and David Goodyear came in the shape of the stunning Windermere marathon.

Only one of a handful of marathons which is run entirely within a UNESCO World Heritage Site. Often described as the friendliest and most beautiful UK marathon, runners finish this breathtaking course, amidst a carnival atmosphere, in the grounds of Brathay Hall with stunning views over England's largest lake.

Really well done to you both! (joint finish 05:06:57)

**BENTHAM MARATHON - SATURDAY 18TH MAY 2019**

A busy weekend is in store for Eccleshill's Annie Kisluk and David Goodyear as they embark on back to back marathons no less! The intrepid duo kicked off their weekend of endurance running with the Bentham marathon, organised by Bentham Beagle Club members Diane & Nick Armstrong to celebrate their achievement of 100 marathons! Starting and finishing at Bentham Golf Club the marathon is run over a single lap on country roads. Runners are treated to stunning views of the Forest of Bowland, Stocks Reservoir and on their return to Bentham the Yorkshire 3 peaks. The course is extremely undulating and so runners should be prepared that this may not be a PB course unless it is their first marathon! It is worth noting that all proceeds from the race are donated to Leonard Cheshire Care home in Windermere, incidentally the name of marathon number two tomorrow. Well done today and the best of luck for tomorrow guys! Annie finished in 5:34:12 & David 5:34:13

**ASDA FOUNDATION LEEDS HALF MARATHON - SUNDAY 12TH MAY 2019**

Glorious Spring sunshine drenched the streets as thousands of runners completed the Asda Foundation Leeds half marathon. Some runners came to win, some to raise funds for their favourite charity and others simply to overcome the challenge of getting round. Whatever their reason for running they were supported every step of the way by the most enthusiastic crowds and friendly Marshalls.Celebrating its 34th year this weekend the Leeds Half Marathon is firmly up there as one of the highlights on the local sporting calendar. This challenging course attracts around 9000 runners and swaths of enthusiastic crowd members who all contribute to creating the fantastic atmosphere that makes this event so special. Many charities across Yorkshire benefit from the fundraising generated by this race.The route starts on The Headrow alongside Victoria Gardens, heads out of the city centre, taking in a section of the Ring Road and returning via Abbey Road and Kirkstall Road before finishing in Cookridge Street alongside Millennium Square.10 Eccleshill road runners stepped up to the plate today to take on this tough half marathon. Doing us all proud they all completed this posting some very respectable times. Julie Steele (02:03:28) Sarah Rawlings (02:03:05) Sarah Myers (02:20:58) Annie Kisluk (01:56:17) Jaqueline Bywater (02:03:29) Rhea Sutcliffe (01:58:03) David Goodyear (01:59:34) Simon Lacey (02:18:32) Ian Dowsland (01:49:18) Tony Redmond PB (01:45:16) A massive thanks to the brilliant support crew who helped make this a special day for our fantastic runners. Well done!

**HARROGATE SPRINT TRIATHLON - SUNDAY MAY 12TH 2019**

Paul Croston decided to mix up his disciplines and take on an early season Sprint triathlon. This event is billed as being suitable for the novice or more experienced athlete. Based at Ashville Sports Centre, Harrogate - this family friendly and fully supported event is becoming one of the most popular Triathlons in North Yorkshire. The 420m swim is pool based, the 24km bike and 4.6 km run legs take place in the local area.

Hosted by Harrogate Triathlon Club, the events attracts around 200 entrants, these events are becoming increasingly popular.

Paul completed the course in 1 hr 50 mins 14 secs.  Well done Paul!

**RABY CASTLE 10K - SUNDAY MAY 12TH 2019**

Debra Grant travelled to the beautiful North East, in fact Raby Castle, located near Staindrop in County Durham, among 200 acres of deer park. It was built by John Neville, 3rd Baron Neville de Raby, between approximately 1367 and 1390. Cecily Neville, the mother of the Kings Edward IV and Richard III, was born here.

 Home to the annual Raby races, this year was the 17th edition hosted once again by Teesdale AC within the spectacular scenery offered up by Raby Castle and its surrounding 200-acre estate. The 10k is a two-lap course mainly on tarmac through the beautiful estate grounds with a good trail section through woodland finishing just past the Castle.  All finishers received a bespoke medal. The race offers a programme of four races which include challenges suitable to all. These consist of a 1.2k for the 8 year old and under, a 3k a for those aged 11 and under,  5k  for those aged 11 and over and finally the highly regarded 10k for competitors aged 16 and over.

Debra completed the challenge in 60:42 - well done Debra

**THE VOLKSWAGEN PRAGUE MARATHON - SUNDAY 5TH MAY 2019**

Mark Sutherland is at it again, not content with taking a back seat and chilling out for the bank holiday weekend, it’s off to the beautiful Czech Republic to run the Volkswagen Prague marathon. This event has become an essential race on the world running circuit. An exceptionally beautiful course. And a beautifully managed event. The race starts and finishes in the old Town square, it’s extremely well executed from beginning to end. The course highlights the many attractions that Prague has to offer: the Vltava River, Charles Bridge and Prague Castle. The race begins to the music of famous Czech composer Dworak, setting the stage for a fairytale of a race. The route crosses a total of two miles of cobblestones, However! It’s known to be a fast flat course. With over 10,600 runners from 88 different countries the field is 76% male and 24% female and the average age of the participants is 40. It is also recognised as a IAAF gold label event. Mark finished posting a time of (03:27:18 unofficial) brilliant running well done!

**THE KESWICK HALF MARATHON - SUNDAY 5TH MAY 2019**

David Goodyear and Annie Kisluk, our brother and sister contingent, continue to impress us with their race portfolio. This weekend it’s the Keswick half marathon. A half that’s reputed to be one of the most scenic in the country. The challenging course takes runners around Derwentwater with an extra loop into the Newlands valley. This event was set up by Keswick rugby club in order to raise funds for the club itself as well a youth coaching programme. They are one of only a handful of smaller clubs in the country to have a full time rugby development officer who spends his time in the local schools. The half marathon is just one of the events that helps to fund this type of coaching programme, so all support is greatly appreciated. It’s a hilly course starting in Portinscale with a long sapping climb out of the Newlands valley. At mile 6-8 the run back along the lake up to Borrowdale valley is pretty flat but with some long slight inclines. The breath taking scenery definitely helps take the mind off the ever tiring legs. This course is generally renowned as one of the most challenging halves on the circuit. A definite test of any runners endurance.

Annie finished in (01:56:59) and David in (02:09:13) Great running as always guy’s, well done!

**BLUEBELL TRAIL RACE - SUNDAY 5TH MAY 2019**

The weekends challenges continued with another lone Eccleshill runner taking on the Bluebell Trail race.  Hosted by Stainland Lions running Club, this 10.3 mile multi-terrain race through woodland, canal towpaths, trails and cobbled streets with the 'occasional' hill here and there is described as 'a unique course which incorporates some of the most scenic views within the heart of Yorkshire', with the infamous Trooper Lane and a refreshing river crossing to finish thrown in for good measure! Sarah Myers donned the blue and white and finished a a brilliant time of 2:15:38. Well done Sarah, you trooped the trooper!!

**UP THE ODDA - SATURDAY 4TH MAY 2019**

Mick Hogan was the only Eccleshill runner to pick up the gauntlet and face the challenge that is the 'Up The Odda' race, once again staged on a Saturday morning in the beautiful village of Hawkesworth, with the race HQ situated at Hawksworth C of E School. Participants have a whole host of distances from various junior races, a duo and a 10k. The 10k is a scenic and challenging 2 lap route, on farm tracks, across fields and through woodland, including two brutal climbs 'Up the Odda'. The duo has two team members completing a relay, each taking on one 5k lap of the course each. This year though in contrast to last year's hot and humid conditions, runners were treated to near perfect weather conditions, chilly and overcast to start with if a little windy on the tops! Mick finished the challenge in 1:08:44. Well done!

**THE VIRGIN LONDON MARATHON - SUNDAY 28TH APRIL 2019**

Almost perfect weather conditions, cold and overcast to start with and occasional pockets of sunshine. What more could you ask for the 39th staging of the Virgin London Marathon. Out on the course today were three of our very own Eccleshill road runners. flying the flag for the blue and whites Barbra Stow made her debut at this distance, and what a place to do it. After months of hard work training with her other half Ian. Also Tony Redmond made up the trio running with 42000 like minded people including world class elites. What a momentous day to pick up a marathon medal in our capital city where a new record was set with more than 1 Billion pounds now been raised for charities through this event. Some interesting statistics about marathon running that will raise an eyebrow include the following factoids:

On average a marathon runner takes 50,000 steps on the day of the race. During at the average marathon a runner looses 1.25 cm’s in height due to spine compression and gain it back 24 hours later. The combined sweat from the London marathon runners would be enough to fill 2340 baths. On average a marathon runner burns the equivalent of ten and a half high street burgers that's 2600 calories, or enough energy to charge a smart phone for a whole year. Well our fabulous trio went triumphantly to the finish line posting the following times,Tony Redmond finished in (04:25:15)  Barbara Stow in (05:28:03 first ever marathon) and Ian Stow in (05:28:01) Absolutely brilliant running, well done all!

**THE BLACKPOOL HALF MARATHON - SUNDAY 28TH APRIL 2019**

The tail end of hurricane Hanna left her mark on this West coast half marathon run on the same day as the full. Ian Dowsland braved the windy conditions taking on the one lap course that started in Blackpool, taking runners along the Blackpool seafront past the many sights, including Golden Mile, St Annes and Lytham. Ian persevered  with the sometimes very tough conditions to finish in a time of (01:45:58) Great running well done!

**THE BLACKPOOL MARATHON - SUNDAY 28TH APRIL 2019**

Annie Kisluk and David Goodyear continued to clock up their marathon achievements by joining the thousands of runners on the new promenade of the UKs no 1 holiday resort. This coastal event is ideal for all the family and Blackpool is always a great weekend away. As always the race is run on Blackpool's Promenade passing all the great landmarks and tourist spots. The route is a fast and relatively flat, two lap course on the seafront with great PB potential. It starts in Blackpool, taking runners along the Blackpool seafront past the many sights, including Golden Mile, St Annes and Lytham. The marathon course is a two lap route of the half marathon which was run at the same time. Anne finished in (04:12:22) and David in (04:50:23) Great running well done!

**THE GUISELEY GALLOP - SUNDAY 21ST APRIL 2019**

On one of the warmest Easter bank holidays on record the 2019 edition of this local race attracted  runners from all over. Hosted by Skyrac Athletic club, this ever popular 10k saw over 700 make It to the start line. Now in its 24th year the two lap multi terrain route meanders through woods, glides along tracks paths and roads and even throws in canal tow paths to add to the mix. A great Easter Sunday challenge gave the runners chance to burn off the calories and make way for any  chocolate treats that lay in store. Today’s Gallopers whizzed round the course posting some pretty impressive times. Those blue and whites were. Sarah Jayne Robinson  (01:14:28) Sarah Rawlings (01:14:28) David Goodyear (01:01:07) Ian Storey (00:58:48) Annie Kisluk (01:13:28) Sarah Myers (01:13:29) and Lorraine Mc Knight (01:17:39) A shout out to Angela Storey for taking on spectator duties. Fantastic running today well done!

**THE VALE OF YORK 10 MILE - SUNDAY 14TH APRIL 2019**

What a great way to start the day in the cold but beautiful spring sunshine. 3 Eccleshill Road Runners winged their way to the start line to fly round this course. The Vale of York 10 miler sells out every year and it’s no wonder. It’s a fast flat 10 mile PB waiting to happen. This is the sibling race to the Vale of York half marathon and just like the half the race takes off from a runway (A different one) at Rufforth Airfield. Runners taxi to the start line then set off along the runway for a mile before exiting to glide around the fast flat traffic free closed roads East of Leeds and West of York. After soaring round the green belt its then back to the airfield for the perfect landing and hopefully a new 10 mile PB. As a memento for completing this chip timed event there’s a technical T-shirt a medal and as many goodies as they can cram into the bag. The runners today were Caroline Ward (01:53:16), Sarah Rawlings (01:28:41) and Paul Croston (01:27:32) A superb effort by our ERRs and a big shout out to the Northern Running Pacers who were there to help runners achieve new race records. Brilliant running well done!

**THE BOSTON LINCS MARATHON - SUNDAY 14TH APRIL 2019**

Annie Kisluk and David Goodyear continued to ramp up their marathon stats with this 26.2 miler. However disaster struck when Annie and 2 other runners were sent the wrong way, the result Annie ended up doing only a half  marathon! The Boston (UK) marathon is now in its fourth year, and now well established and becoming more popular every year. Billed as the flattest marathon in the country it is held on the Sunday preceding the USA patriots day (3rd Monday of April which is the day of the famous Boston Marathon) It starts at Boston Market Place, has up to 2000 runners and is a certified AUKCM measured course. Starting at the Market place and ending at a new finishing point   Boston College. It's a stewards enquiry at the moment as to what exactly was the cause of the misdirection but the results cannot be changed. So unfortunately it's a half for Annie (01:59:03) and a full for David (04:33:33) All finishers received a technical T-shirt along with a goody bag and a well deserved medal. Well done both!

**SHEFFIELD HALF MARATHON - SUNDAY 14th APRIL 2019**

Two blue & Whites, Gemma Illingworth & Ian Dowsland braved a chilly start to take part in the 2019 Asda Foundation Sheffield Half Marathon. Only just back to running after recent illness Gemma came back and lined up on the start line in Yorkshire's biggest city nicknamed the steel city.

Starting on Arundel Gate, in the heart of the City Centre, runners are instantly hit with the euphoria that surrounds this fantastic event, they then travel down the much loved ‘Eccy’ Road (translated as Eccleshall, where us Eccleshill runners are so often confused with at races as to have travelled from) and take in its selection of bars, restaurants and independent shops. From there on, they are treated to picturesque views of the Peak District, passing Encliffe Park and Sheffield Tigers Rugby Club. Those views are then left behind as the course heads downhill to the outskirts of Dore and back to ‘Eccy’ Road Eventually re-entering the City Centre, runners finish in front of the Town Hall and an adoring crowd! In order to take advantage of the best of the Peak District's incredible views, there was an uphill 'King of the Hill' section.

Despite the challenging nature of the race Gemma finished in a personal best time of 1:53:23 and Ian also in a personal best of 1:44:59! Great running Eccleshill, well done!

**PARIS MARATHON - SUNDAY 14th APRIL 2019**

The Paris Marathon was established in 1977 during the beginning of a craze for big city international marathons. Paris hosts one of the largest and most popular events, this year was once again a total sell out. The 2019 Paris Marathon was the 43rd edition of the race.  Starting on one of the world’s most famous streets, Les Champs Elysées the race then takes runners on a truly memorable journey through the City of Light. This big international city marathon attracts over 40,000 runners each year, in fact this year a reported 49, 155 people lined up on the start line and this included Eccleshill's Simon Lacy! Participants run through the most famous avenues of the French capital. From the foot of the Arc de Triomphe the route heads towards the Place de la Concorde. From the Rue de Rivoli sweeping through the Place de la Bastille, catching a glimpse of greenery in the Bois de Vincennes which has views of Notre Dame and Eiffel Tower before then heading towards the finish line on the Avenue Foch.

Well done Simon! (Time 04:17:41)

**BURNSALL TRAIL HALF MARATHON - SATURDAY 14TH APRIL 2019**

No lying in this morning for four valiant trail busters. Rhea Sutcliffe, Agata Ciencial, Claire Tailford and Gareth Harland took to the hills (literally) for the first race in the “Due North series” set in the beautiful riverside location of Burnsall, the route takes in several sections of the Dales way footpath. With just short of 200 participants this multi terrainer is not for the faint hearted ascending over 300 metres of elevation. The route is a mixture of riverside paths, stone tracks and open fields. It is billed as the type of event that is a perfect introduction to runners who are new to trail running but it also includes plenty of challenges and interest for the more experienced competitor. Our team of blue and whites took all this in their stride as they clocked the miles up on this brisk sunny day and were rewarded with 360 degree views of the Yorkshire Dales at the peak of the elevations. Agata finished in (03:28:29) Gareth in (03:28:28) Rhea in (02:36:15) and Claire in (02:53:19) Absolutely amazing effort well done all!

**ASICS MANCHESTER MARATHON - SUNDAY 7th APRIL 2019**

Five Eccleshill Road Runners made the journey to Manchester for the 9th edition of the Asics marathon, now the world's second biggest marathon it's also known as the UK’s flattest, fastest and friendliest marathon.
From some of the worlds greatest elite runners to some of those who thought that completing a marathon would never be possible.  Perfect weather conditions were welcomed by the runners for the first three quarters of the race, however, the sun made an appearance early afternoon which will have made for warm conditions for some of the runners.
This super- fast course offers great entertainment, outstanding crowd support and a glorious finish at the Emirates Old Trafford (home of the Lancashire Cricket club).  The start line is just a short walk away from the Emirates on the A56 White City roundabout and the race follows a loop
that finishes in Talbot road back outside the stadium. The route is held entirely on closed main roads and is well marshalled. The first Manchester Marathon took place in 1908. It was back in 2012 after a 10 year absence and has re-established itself as a popular race. The event draws up to 16000 runners of all abilities who lap up the marvellous atmosphere. All finishers picked up a huge medal and a technical t-shirt for their efforts.

The fabulous Eccleshill finishers were Claire Hern 3:19:29, Robert Sutton 4:11:02, Sarah Myers 5:03:45, Dan Jenkins 3:36:10 & Rhea Sutcliffe 5:24:31.  Well done everyone! Big thanks to ERR support & photography crew who journeyed over.

**WUTHERING HEIGHTS WINTER WANDER - SUNDAY APRIL 7TH 2019**

With five different distances to choose from  starting with a 5 miler up to and including a full marathon. What a weekend for our brother sister duo David Goodyear and Annie Kisluk. The perfect way to clock up no less than 50 marathons. Whilst Jackie Bywater and James Roe opted for the10 mile event. This local extravaganza brought to you by Grim up North running. Set in Beautiful undulating Bronte countryside, the route takes in picturesque scenery atop the rolling Yorkshire moors. To begin with it’s out through the churchyard, bit of a queue to get through the kissing gate, then out to the hills, on to the moors, out to the Bronte waterfalls, and back to Haworth via the reservoir. Just over a 5 mile loop and repeat for the longer distances. Finishers received a lovely medal and some delicious cake. Jackie finished the 10 mile race (01:49:43) and James Roe in (01:30:47) (Annie finished her marathon in (05:15:13) and David in (05:24:24 ) Brilliant running congratulations to all four ERRs on a fantastic achievement, well done!

**THE KEIGHLEY BIG 10K - SUNDAY MARCH 31ST 2019**

A beautiful sunny day with perfect running conditions greeted 13 Eccleshill Road Runners for the last in the winter champs races. Now entering its twelfth year the Keighley Big 10k continues to raise vital funds for an outstanding charity the Sue Ryder Manorlands Hospice in Oxenhope. Starting and finishing in Victoria Park this Mothers day special follows a circular route through the paths, parks and roads of Keighley. There is also a 5k run that starts in Lund Park at 9:15 and finishes in Victoria Park with the 10k. The 10k race attracts many local sponsors including Airedale shopping centre and Colin Appleyards. As the event is held on Mothers day many runners take part in memory of their mothers and others run it with their mums to make them proud. As a tradition all mums who cross the finish line receive a red carnation. Every finisher got a technical t- shirt and a packet of stale tortillas : ) All in all a very well organised event with friendly Marshals. Team spirit was there in abundance and the following times were posted (in no particular order) Julie Steele 52:34 Martin Steele 58:23 Marc Steele 49:14 Garry Ellison 50:55 Mark Sutherland 44:03 Angie Storey 1:17:54 Caroline Ward 1:11:13 Anne Blakey 1:11:06 Trevor Rhodes 46:19 Mick Hogan 58:29 Annie Kisluk 51:30 David Goodyear 55:17 Alison Hartley 1:08:03 Fantastic running today, well done!

**EAST HULL 20 MILE ROAD RACE - SUNDAY 24TH MARCH 2019**

Ian and Barbara Stow took their marathon training to the next distance level with a 20 mile blast round Hull. This very flat course is fast and uses rural roads as well as railway line located in the Holderness area. Hosted by Sports entry solutions it’s the ideal warm up for the London marathon.  The route was fully marshalled from gun start to chip finish. The course had a four and a half hour cut off limit which was no threat to our London bound warriors who posted 03:59:54. Fantastic effort Ian and Barbara, well done and good luck in the big smoke!

**LONDON LANDMARKS HALF MARATHON - SUNDAY 24TH MARCH 2019**

Eccleshill's Anne Blakey made the journey south to take part in what can only be described as the most exciting half marathon going! In her own words 'sent off by bowler hats waving, high-fived a Chelsea Pensioner, postie and a Roman Legionnaire, encouraged to keep going by Mary Poppins on a beautiful, sunny day in London!' And all with around another 10,000 runners, starting on Pall Mall and finishing by Downing Street, with fabulous views of London’s most iconic landmarks including Big Ben, St Paul’s Cathedral, Nelson’s Column, the Gherkin, the Shard, the Tower of London and the London Eye. The event is definitely not your average half marathon! It celebrates London’s wonderful culture and heritage, runners and spectators are able to discover London’s ‘quirky & hidden’ secrets. Along the way mile markers reveal quirky facts, from London’s biggest grasshopper to where the bowler hat originated. They experience Roman themed water stations and cheered on by suffragettes; that's the London Landmarks Half Marathon.

A massive well done on your fundraising and running efforts Anne! (Time 02:27:30)

**WILMSLOW HALF MARATHON - SUNDAY 24TH MARCH 2019**

Eccleshill's brother and sister duo David Goodyear & Annie Kisluk have been off on their travels again, this time to the Waters Wilmslow Half-Marathon, billed as the the North-West's premier half-marathon and regularly voted one of the UK's top road races by readers of "Runner's World" magazine, this popular race returns to the leafy lanes of Wilmslow and Mobberley in 2019 attracting the cream of England's elite distance runners and a strong local field of runners of all abilities.  While elite runners compete for a share of a total purse exceeding £10,000, the race itself raises over £250,000 for charity each year as runners complete the picturesque 13.1 mile course for their own chosen charities, many with very personal reasons.

Today's 'spring-like' weather yielded near perfect running conditions although Annie & David's times are still to be confirmed we're sure they'll both have had a fantastic run! Well done to you both!

**IT'S GRIM UP NORTH, LEEDS TO LIVERPOOL CANAL CANTER 20 MILE - SATURDAY 24TH MARCH 2019**

Another marathon preparation 20 miler, this time Rhea Sutcliffe was the participant! Hosted by It's Grim Up North Running this is exactly what it says on the tin - and as the name suggests it is an out and back canter on the Leeds and Liverpool Canal. The route started and finished at Kirkstall about 2.5 miles outside the centre of Leeds. This flat route is not particularly technical and it is, therefore, a great opportunity to try for a personal best time at this distance. 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, thankfully the race takes in only a small stretch of this by comparison. Fine weather lent itself to near perfect running conditions which given the weather we have had of late was no doubt welcomed by the runners.

Rhea finished the race as fourth lady in a fantastic time of 3:07:04, well done Rhea!

**EPILEPSY ACTION BRADFORD 10K - SUNDAY 17TH MARCH 2019**

Following last years sell out 2019’s Epilepsy action Bradford 10k was back with a bang. The elements threw everything they could on runners marshals and spectators alike, a definite reminder that winter is still upon us. This now well established event is a firm fixture in the local running diary and sees runners massing in Bradford City Park (Centenary Square) for the start of the out and back route. The race attracts many new beginners as well as those chasing a personal best. The event is highly rated  for its organisation, friendly marshalling and PB potential. Thirteen  Eccleshill road runners powered their way along the route posting some very impressive times.The runners and times are as follows (in no particular order) Alison Hartley (1:06:46)  Brian Perfitt (53:42)  Julie Steele (51:26) Caroline Ward (1:08:57) Debbie Merckx (52:28) Lorraine McKnight (1:06:04) Anne Buckley (1:12:41) Gareth Harland (52:28 unofficial) Trisha Stringer (1:08:27) Mick Hogan (56:33) Anne Blakey (1:08:26) Marc Steele (46:40) Justnya Kurkowska-Bies (53:32) Brilliant running well done!

A big shout out too, to our contingency of volunteer Marshalls without who events like this would simply not go ahead. Thank you!

**TRIMPELL 20 MILE - SUNDAY 17TH MARCH 2019**

What better way to celebrate St Patricks Day than a 20 mile race? Mark Sutherland did just that in preparation for his forthcoming Prague marathon in early May. This fast, flat race is billed as being 99% traffic free through the historic City of Lancaster and offers breathtaking views of the stunning Lancashire Lune Valley countryside. With around only 300 ft climbing throughout the 20 miles coupled with a small change to the route meaning the race started and finished in the same place, omitting a previous steep climb up to the finish at Lancaster Castle, it's fair to say it is a flat one and therefore, lives up to the recommendation of being ideal preparation for a Spring marathon.  It seems Lancaster experienced similar weather conditions to Bradford today with early rain, sleet & hail clearing to give a sunny run but with some strong head winds persisting here and there throughout although headwinds turned into tail winds for the return journey.

Mark finished the race in a fantastic time of 2 hours and 38 minutes (provisional)! Well done Mark and good luck with the rest of your marathon training!

**HARDMOORS 55 (50) - SATURDAY 16TH MARCH 2019**

The Hardmoors 55 is a 55 mile Ultramarathon running from  Guisborough to Helmsley.   This year to celebrate 50 years of the Cleveland Way the race was renamed to the Hardmoor 50.  Starting at 8:16am Ian Storey and Gareth Harland set off  from Guisborough Sea Scout Hut travelling through 9 check points taking in places such as Osmotherly and Sutton Bank. This challenging ultra marathon also took them through every different type of terrain in  the North York Moors and the Cleveland Hills in wet,windy and wintery conditions.  Finishing after 53 miles at Helmsley at 11:01 pm in a time of 14hrs 45 was Ian Storey followed by Gareth Harland at 12:09 am in 15hrs 53.  This was an amazing acheivement given the terrible weather and difficult terrain so well done to you both!

**HORTON OR LISTER PARK PARKRUN - SATURDAY 16TH MARCH 2019**

For the penultimate race (number 12) in the club's Winter championship, members had the choice of running a 5k in the very beautiful Horton Park or alternatively the equally beautiful Lister Park. However, they would have been forgiven if they had chosen neither! With gale force winds and torrential rain the order of the day we could have been forgiven if we had stayed in bed, but.... 9 hardy souls braved Lister Park and 2 more joined Horton.

Lister park saw half the usual number of attendees as the ducks and geese hooted, frolicked and generally had a good time, runners ran three laps in sideways wind and rain and humungous puddles,  leading the pack home was Mark Sutherland in 22:37 followed by Julie Steele 26:57, Michelle Barstow 27:25, Paul Croston 28:16, Tricia Grant 32:13, Roy Ward 32:45, Lorraine McKnight 34:25, Stuart Wagstaff (running with daughter Aoife) 37:43 & Angela Storey 38:21.

Meanwhile over at Horton conditions were just as horrendous but frivolities continued on the pond and as we all know parkrun never fails to brighten even the darkest, dreariest of Saturday mornings. The two brave Eccleshill runners in the field were Abbie Cheetham 'storming' home as first lady in 24:59 and Liz Robinson 35:48.

Well Done everyone & big thanks to all the hi-vis heroes at both parks!

**THE SETTLE HALF MARATHON - SUNDAY 3RD MARCH 2019**

12 brave Eccleshill warriors took on the very hilly but scenic Settle half marathon. Starting in Giggleswick and heading in a North Westerly bow shape passing Langcliffe, Stainforth, Helwith Bridge and Wharfe before reaching a turning point towards Austwick. This was always going to be a hilly one. Settle is after all the gateway to the three peaks. With an average climb rate of 69 feet per mile, the total ascent is 899 feet. A massive well done to the following: Angela Storey 3:05:05, Annie Kisluk 1:55:14, David Goodyear 2:06:33, Rhea Sutcliffe 2:01:21, Christopher Stanhope 2:11:35, Ian Storey 2:03:43, Agata Cienciala 2:25:52, Gareth Harland 2:25:52, Claire Tailford 2:07:09, Sarah Rawlings 2:14:02, Simon Lacey 2:01:04 and Mark Sutherland 1:39:27 A big shout out to Kath Lucas for supporting the team. Magnificent well done!

**BENIDORM HALF MARATHON - SATURDAY 2ND MARCH 2019**

The annual Eccleshill trip abroad saw a group descending on the popular tourist town of Benidorm, Spain. Benidorm has been a popular tourist town for many years, this though was only the second edition of the race and for this year boasted a revised course! One of the few races which is run at sunset, 6:30 pm start, giving runners the advantage of, for the most part, running in cooler temperatures as some 45 minutes into the race darkness falls.  Starting out on a busy main street this two lap course takes runners out along the sea front and then on a scenic tour of the city, winding around the busy streets lined with shoppers. Well organised and supported there is great potential for setting a personal best time at this distance. Leading the team home was Robert Sutton in a time of 1:49:43 , next Debbie Bland 1:53:19 and 2nd FV650 receiving a trophy, Vicky Cousins 1:55:24, Julie Steele 1:57:05 3rd FV55 also receiving a trophy, Debra Grant 2:12:42, Sarah Myers 2:2:12, Martin Steele 2:34:37, Lorraine McKnight 2:35:45, Tricia Grant 2:35:46. Sue Gregson completed one lap of the course and bagged herself a 10k medal.

Big thanks to our support & photography crew, Helen, Don, Philip & Neil

Well done everyone & bring on next year!

**THE PUNK PANTHER WELCOME ULTRA - SATURDAY 2ND MAY 2019**

Russel Naylor, Ian Storey and Gareth Harland took on the epic challenge of this tough ultra marathon. The race starts off  from Weston Lane community centre in Otley and heads up to Clifton then across to Askwith then to Denton before crossing an iron bridg  e over the river Wharfe  to Ben-Ryhdding then Burley in Wharfedale, up onto Burley Moor over to Shipley Glen then Baildon Moor, Guisley and Yeadon, over the Chevin to surprise view and across to Bramhope and finally down to the finish in the village of Pool in Wharfedale where a hot meal a technical t-shirt a medal and a certificate awaited the hardened finishers. If that wasn’t enough an additional 7 mile loop took in the extended Welcome way, at Shipley Glen the route looped around Bingley before returning to the Glen for an added challenge. The trio finished this gruelling event posting very respectable times. Russell (06:45:06) Ian (06:34:43) and Gareth (06:30:23) Excellent running well done!

**HUDDERSFIELD 10K- SUNDAY 24TH FEBRUARY 2019**

Three Eccleshill runners ventured to the other side of the pennines for this challenging 10k. Hosted by Huddersfield Road Runners on the last Sunday of February each year, 2019 marks the 29th year of this popular event. Starting out from Huddersfield Rugby Union Club, Lockwood Park the course is described as 'undulating, Yorkshire Style, with a fast finish'!  Runners encountered a low mist which made for damp but cool conditions, in fact very mild for this time of year, almost spring like once the sun appeared from behind the clouds. Leading the trio home was Annie Kisluk in 53:34 followed by David Goodyear 58:28 and Mick Hogan 60:00.

Well done all!

**GRAND BRIGHTON HALF MARATHON - SUNDAY 24TH FEBRUARY 2019**

2019 marks the 29th year of the Grand Brighton Half Marathon.  One of the first major half's of the year, it is now one of the most popular races in the UK, raising money for a specialist HIV care centre in Brighton, The Sussex Beacon.  Starting on Madeira Drive, runners turn right at the Sea Life Centre, towards Ovingdean, passing regal Royal and Lewes Crescent architecture on your left. Continuing on Marine Drive and the bracing cliff tops, the race will head towards the Blind Veterans UK centre, where a sharp turn on the road before the Greenways Roundabout will bring you back west towards Brighton, enjoying wonderful cliff top and panoramic city views. Picking up the pace as you run past the iconic blue railings on Marine Parade, spot Brighton Palace Pier on your left. At Aquarium Roundabout the race heads north, past the grandeur of the Royal Pavilion towards the majesty of St Peter’s Church. Turning at Gloucester Place, you head south back down Grand Parade to the Old Steine before turning right onto Grand Junction Road. In mile 7 you’ll hit The Grand Hotel Brighton before heading towards Hove next, and you’ll be able to spot the West Pier on the horizon, plus the British Airways i360. Once past the two piers, you will head into Hove along the Kings Road with the majestic cream regency architecture on your right and the sea on your left. Past the King Alfred Leisure Centre, you will run to Hove Lagoon before turning left onto the seafront. A great two mile run past the colourful beach huts of Hove will bring you back to the Peace Statue, where the race re-joins the road for the last dash past cheering crowds to the finish on Madeira Drive.

Annie Blakey finished the race in a fantastic time of 2:32:36.  Well done Annie!

**HAREWOOD HOUSE 10k and HALF MARATHON - SUNDAY 17TH FEBRUARY 2019**

Racing with thousands of others, in the fight against heart disease five Eccleshill Road Runners took to the start line at Harewood House 10k and half marathon. Representing our great club in the 10k was Anne Blakey, whilst four others took on the half marathon. Both routes took place within the Harewood estate and offered tough terrain, running off-road along muddy tracks and steep forest trails. This run tests the most seasoned runners but the amazing views over Yorkshire’s treasured historical house are more than ample reward for completing the challenge. With proceeds going to the British Heart Foundation everyone’s a winner in this event. Finishing the 10k Anne Blakey posted (01:10:44) The Half marathon results were Gemma Illingworth (01:57:26) Vicky Cousins (02:13:47) and Tony Redmond (02:01:18) Fantastic running all well done!

**LIVERSEDGE HALF MARATHON - SUNDAY 17TH FEBRUARY 2019**

Notably bad weather conditions for this popular half marathon were absent this year as runners were treated to a positively spring-like day for the 24th staging of the event. Aside from a head wind in places, conditions were perfect for this hilly half. Eccleshill had 8 representatives out in the blue and white all vying for points on the championship tables where positions are still all to play for. Hosted by Roberttown Road Runners the race headquarters were situated at Roberttown Community Centre, from where runners were walked a short distance to the start on Commonside. The race was very well organised but sported some very busy roads which weren't closed to traffic resulting in some very impatient drivers here and there. Leading the pack home was Claire Hern in 1:36:32, Followed by Mark Sutherland 1:38:24, Annie Kisluk 1:54:48, Debbie Bland 2:02:10, David Goodyear 2:05:08, and running as a team; Claire Tailford, Garry Ellison & Julie Steele all crossed the line in 2:09:57

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

**THE LEODIS GRIM MARATHON - SUNDAY 10TH FEBRUARY 2019**

Marathon number 49 for the brother sister duo came in the form of the Leodis Grim marathon.The route runs from Kirkstall Abbey and it follows the route of the Kirkstall Abbey Trail event for the first couple of miles and then it breaks away to follow the River Aire along a fantastic clear trail to Apperley Bridge. David Goodyear finished in (5:05:07) and Annie finished in (4:37:25) Fantastic running guy’s as always, well done!

**PECO XC RACE 5, ROUNDHAY PARK - SUNDAY 10TH FEBRUARY 2019**

The 2018/19 Peco cross country season came to an end with race 5 held at Roundhay Park, hosted by Chapel Allerton Runners assisted by Roundhay Runners. Unusually for these races there was a mass start with both males and females starting at the same time instead of the usual 10 minute interval. The course was run entirely in the grounds of the beautiful park. The first part being a downhill jaunt before a very steep ascent up hill 365 where runners headed up to Soldiers Field starting off running parallel to Princes Avenue. After a lap of the field the route went down towards Waterloo Lake before going into the woodlands at the north of the park. The route then passed the Upper Lake and led back to the finish line adjacent to the start point.  Concentration was the order of the day if one was to stay upright for the duration as every terrain and obstacle possible was encountered from bogs, craters, tree roots, molehills and of course the inevitable mud! Eccleshill had 7 representatives with Mark Sutherland leading the pack home in 37:06 followed by Marc Steele 40:50, Garry Ellison 42:37 & Robert Sutton 43:11. For the Ladies we had Julie Steele 45:25, Angela Storey 63:44 & Kathryn Lucas 65:07

Well Done Team - bring on 2019/20

**DEWSBURY 10K - SUNDAY 3RD FEBRUARY 2019**

Eccleshill had 10 runners out in the blue and white today vying for space in and amongst the reported record of over 2000 runners in this years Dewsbury 10k race. Race 9 in the club's Winter championship was undoubtedly a fast, and furious, flat race suitable for seeking that 10k personal best time. Starting in the city centre, the route is an ‘out and back’ with a gentle elevation on the outward leg. The rise between the start point and the turn at 5km is approximately 42m (138ft), making it all downhill for the last 5k. Well organised and more than adequately marshalled by fabulously encouraging and enthusiastic marshals, the race organisers even included a choir to serenade runners on both the out and back legs of the race. Leading the pack home was Marc Steele in 46:17, closely followed by Annie Kisluk 48:17 (PB) , Debbie Merckx 50:45 (PB), Julie Steele 50:58 (PB), David Goodyear 53:49, Debra Grant 56:39 (PB), Sarah Myers 58:19, Gillian Brown 64:23, Tricia Grant 64:24 & Trisha Stringer 68:16.

Well done everyone!

**PATELEY PIE N A PINT - SATURDAY 2ND FEBRUARY 2019**

Pateley Bridge is a small market town that nestles within Nidderdale on the River Nidd, its is surrounded by beautiful countryside and glorious scenery. There are lots of other attractions very near to Pateley Bridge, one attraction being Brimham Rocks. Brimham Rocks is an extraordinary rock formation which dates back 300 million years, The rocks are exposed and some of the rocks reach 30 metres high, the rocks have been given names, such has the Sphinx, the camel and the dancing bear. Brimham is a National Trust Property and is a great place for a picnic or to have a clamber. This event was different from the usual IGUN events instead of the normal sweet treats of cakes and buns they were serving up pies from a local pie maker both savoury and sweet, which you can enjoy with your usual bottle of ale.  In cold and icy conditions, Gemma Illingworth took on the 15 mile event finishing in 2:29:58 and Ian Storey took on the 32 mile Ultra event finishing in a time of 5:41:40.  Congratulations to you both!

**HEATON PARK HALF MARATHON - SUNDAY 27TH JANUARY 2019**

This race series is brought together by Manchester Running Events and boasts a 5k- 10k and a half marathon. Rhea Sutcliffe chose the 13.1 mile option to represent Eccleshill road runners. Heaton Park is the biggest and best park in the North West, covering an area of over 600 acres. This beautiful park includes the grounds of a stunning Grade I listed, neoclassical 18th century country house, Heaton Hall. Starting and finishing inside Heaton Park, the course is run entirely on the concrete paths within the Park. The route format is one short lap followed by 4 large laps of this large Park just North of Manchester. Rhea finished in 2:26:45. Great running and well done!

**MELTHAM (TOUGH) 10K - SUNDAY 27TH JANUARY 2019**

Race 8 of the club's Winter championship was just what it said on the tin, tough! Hills from the outset coupled with a biting wind made for a very tough race indeed. The infamous Meltham 'Tough' 10k - is a winter Road Race with plenty of gruelling climbs, long fast descents and guaranteed challenging weather... Today didn't disappoint. Starting from Meltham Community Sports Centre/Meltham Cricket Club runners were set off on their merry way at 9:30 am prompt and encountered the first of the hills almost immediately! For a fair while it kept on climbing before the first descent brought the 3 mile marker and a water station. Friendly and well marshalled this great event provided ample beautiful scenery along the way!

Well done to the 5 hardy souls who took on the challenge today: Marc Steele 52:26, Annie Kisluk 52:43, Debbie Bland 55:06, Julie Steele 58:12 & David Goodyear 61:49, all of whom picked up valuable points in the championship tables.

**INSKIP HALF MARATHON - SUNDAY 20TH JANUARY 2019**

Congratulations to Paul Croston for representing the blue and whites in this very popular winter race. Situated in Preston Lancashire this well renowned event with an entry limit of 500 always sells out quickly. The Inskip Half Marathon is regarded as one of the best races in the country. The 1 lap anticlockwise course slightly undulates through quiet rural country lanes of the Fylde starting in Inskip it passes several villages including Eaves, Great Eccleston, Elswick and Wharles. Despite the race being in the middle of nowhere it attracts a really supportive crowd. For many, the highlight is the lovely free hot pot at the end Yum Yum. Finishing in 1:57:33 Great running Paul, well done!

**ESSAR HALF MARATHON - SUNDAY 20TH JANUARY 2019**

Billed as one of the greenest half marathons around (aiming to be 'the' greenest), The Essar 'Four Villages' half marathon is hosted by Helsby Running Club and boasts a scenic road race through rural countryside, passing through the Cheshire villages of Dunham on the Hill, Mouldsworth, Manley, Alvanley and Helsby with just 170m of climbing.  Brother and Sister duo Annie Kisluk and David Goodyear travelled to rural Cheshire for the 36th Edition of the race with Annie finishing in a personal best time of 1:47:10 and David 2:11:12

Well done guys!

**PECO XC RACE 4 - CRIMPLE VALLEY - SUNDAY 20TH JANUARY 2019**

A brisk and sunny morning greeted runners in the picturesque village of Crimple Valley, Harrogate, North Yorkshire for the penultimate race in this year's Peco XC series. Hosted by Harrogate Harriers, assisted by Horsforth Fellandale. The race HQ was held at The Harrogate Sports & Fitness Centre and much of the race was run around land owned by The Yorkshire Agricultural Society with their kind permission, many will know this as The Great Yorkshire Show Ground. The two lap course, had linked paths of gravel, tarmac and concrete. was quite a challenging one, hilly and very muddy in places, there were some quite technical areas with exposed tree roots and rocks, and also some low hanging branches in the wooded areas. Eccleshill had 8 representatives, 5 gents and 3 ladies.

The results were: Mark Sutherland 33:54, Ian Storey 37:47, Marc Steele 38:33, Tony Redmond 38: 40, Robert Sutton 39:50, Martin Steele 46:14, Julie Steele 43:00, Angela Storey 57:34 & Kathryn Lucas 59:05

Well done everyone, a great effort today!

**BRASS MONKEY HALF MARATHON - SUNDAY 13TH JANUARY 2019**

A bright and breezy morning greeted runners in the beautiful city of York for this years Brass Monkey Half Marathon. Hosted by Knavesmire Harriers this fast, flat half marathon is popular with personal best seekers providing the opportunity to do just that! The race sells out year on year.

Starting and finishing close to the Ebor Suite, the course is on public roads, well marshalled but open to traffic after the start. The route is fast and flat, heading southwards through Bishopthorpe, Acaster Selby, Appleton Roebuck and back through Bishopthorpe to finish behind the Racecourse grandstands. The only entrant flying the blue and white this year was Claire Hern, storming home as 8th V40, Claire finished in a brilliant time of 1:32:23.

Well done Claire!

**TEMPLE NEWSAM TEN (TNT) - SUNDAY 13TH JANUARY 2019**

A bright but blustery day with ever decreasing temperatures greeted the runners and spectators at today’s Temple Newsam Ten. 15 Eccleshill Road Runners braved the cold windy conditions to set off in the blue and whites with one mission, to burn off the Christmas pud and not be beaten by this tough challenge. The event is in its fourth year and has become an established part of the running calendar in Leeds. Hosted by St Theresa's Athletic Club the race offers 10 miles of beautiful multi terrain running that covers parts of the Temple Newsam estate that you didn’t know existed. The race took runners through woodlands, country paths and around nearby lakes.  Mark Sutherland finished first for Eccleshill in a time of 1:18:06, followed by Russell Naylor (1:22:05), Ian Stow (1:22:31), Ian Dowsland (1:25:06), Marc Steele (1:26:44), Ian Storey (1:27:53), Tony Redmond (1:29:50), Annie Kisluk (1:32:09), Garry Ellison and Julie Steele finished together (1:38:14) as did Rhea Sutcliffe and Sarah Myers (1:52:03) followed by Annie Blakey (2:01:34) and Barbara Stow (2:03:57).   Everybody managed to complete the task at hand with some excellent displays of both running and camaraderie by the team and spectators alike.  A great example of team spirit well done everyone!