

Denby Dale Traveller

Volume 28, Issue 4

www.denbydaletravellers.org.uk

Jan/Feb 2012

Travellers 6—December 2011

The Travellers 6 Road Race took place on Sunday 18 December, in bright and cold conditions that were ideal for running. A field of 168 runners completed the course, with David Thompson of Barnsley AC a convincing winner in an excellent time of 33.44. Richard Anderson of Holmfirth Harriers came in second, with Joseph Mann of Penistone FPR taking third place. Ross McClelland was the first Traveller home, finishing 9th in 37.50. Kaeti McKenzie made it a double for Barnsley AC, winning the ladies race in 40.15, ahead of Amy Green of Keighley & Craven and Jacqui Khoueiry of Holmfirth. Lesley Leggett was the first Traveller, taking 4th place in 42.12. DDT runners Ross, Mark & Tom were winners of the Men's Team Prize. Penistone FPR won the Ladies Team prize. Ross and Lesley are pictured below. Detailed results on Page 13



A RUNNING TOURIST'S GUIDE TO BERLIN

In July Tricia and I visited Berlin with our friends Kasia and Bernd who at the time were living in the nearby town of Potsdam. Bernd is German and Kasia is Polish and both have a great sense of humour.

Since first meeting Kasia and Bernd when we were stranded outside Dubai Airport and then happened to be staying at the same hotel, we have become great friends and meet with them every year in a different city; Berlin was our latest place. As they like doing different things

Kasia arranged for an unusual tourist trip around Berlin with a running guide.

The city of Berlin is now being completely resurrected following the almost total removal of the Wall so it is a confusing place to follow the history. It seemed like a fun idea and we agreed to meet our guide Mike at the main station and as you can see he was a bit obvious !

Mike ich ein Berliner provided a fascinating 10k tour of the city starting with the remains of the Wall near the new German Parliament, the Palace, Reichstadt, Cathedral, site of Hitler's bunker (just where the Audi is parked – no publicity wanted !,) Tiergarten and of course the Brandenbergh gate. The running was steady away and we attracted a lot of interest (and amusement!) from other tourists and the occasional cheer. Tricia heard someone say that maybe we were celebrities out with their personal trainers!!!

The run was fun and much more enjoyable than the organised walking tours as Mike was a very knowledgeable and humorous guide. Apparently running tours are becoming popular in many cities so if you see one advertised go as you will enjoy it .

For more info see web-site : www.mikes-sighrunning.com

Jegs



LOCAL RACES

Dewsbury 10k	Sun 5 Feb
Mickleden Straddle fell race (10.30am from Langsett Barn)	Sun 5 Feb
Liversedge half marathon (race now full)	Sun 12 Feb
Wombwell 5	Sun 19 Feb
Snake Lane 10 (race now full)	Sun 26 Feb
Huddersfield 10k	Sun 26 Feb
Ilkley Moor fell race (AS 5m/1260ft)	Sun 26 Feb
Norton 9	Sun 4 March
Dronfield 10k	Sun 11 March
Retford half marathon	Sun 11 March
Spennithorne 20	Sun 11 March
Harewood House 10k	Sun 18 March
South Yorkshire half marathon (Manvers)	Sun 18 March
Heptonstall fell race (Heptonstall - BL 15m/3300ft)	Sun 18 March
Rother Valley 10k	Sat 24 March
Thirsk 10	Sun 25 March
Truncheon 1 (4.25m 550ft - 6.45pm from the Wagon and Horses, Thurgoland)	Mon 26 March
Silkstone Shuffle (Race 1 of 4 - 4.5m trails and footpaths)	Sat 31 March

DDT ROAD RACE CHAMPIONSHIP 2011-12

LADIES OVERALL, VET & SV - results table after Meltham

You need to run one race to qualify.
 Points will be based on your best
 short, medium and long plus your best **three** others
 You also need to be a paid-up club member

All results to Sally Campbell please

RACE	SHORT			MEDIUM			LONG			Total Point	POINTS TO Count	Position	Age Category
	Arncliffe	Barnsley	Meltham	Stainland	Selby	Norton	Wolds Half	Clowne Ha,f	South Yorks				
DATE	13-Aug-11	20-Nov-11	29-Jan-12	4-Sep-11	23-Oct-11	4-Mar-12	16-Jul-11	27-Nov-11	18-Mar-12				
Nichola Sykes	10		10	10	10		10			50	50	1	V
Rosalind Bedford	9		7	8			9			33	33	2	SV
Sally Campbell			8	9				9		26	26	3	
Jo Worboys-Hodgson			9					10		19	19	4	V
Kelly Wilson		10								10	10	5	

DDT ROAD RACE CHAMPIONSHIP 2011-12

MENS OVERALL, VET & SV- Results Table after Meltham

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	Amscliffe	Barnsley	Meltham	Stainland	Selby	Norton	Wolds Half	Clowne H	South York				
DATE	13-Aug-11	20-Nov-11	29-Jan-12	4-Sep-11	23-Oct-11	4-Mar-12	16-Jul-11	27-Nov-11	18-Mar-12				
Tom McNally	10	10	10	10	10		10			60	60	1	V
Richard Bradley			5	6			9	10		30	30	2	V
Pete Andrews	2			5	8		7			22	22	3	SV
Mick Collinson	9				9					18	18	4	SV
Steve Blackford	8	9		8						25	17	5	SV
Peter Ramsden		8	6				8			22	16	6=	SV
David Townend		7	7					9		23	16	6=	SV
Phil Ellis	6			7						13	13	8	
Paul Guest			9							9	9	9=	V
Mark Leggett				9						9	9	9=	V
Edward Townend			8							8	8	11	
Vishal Ramhdani		6								6	7	12=	
Pete Hayward	7									7	7	12=	V
Nigel Taaffe	5									5	5	14	V
Andy Kirby	3	5								8	5	15	SV
Graham Guest			4							4	4	16=	
David Bedford	4									4	4	16=	V

DDT FELL CHAMPIONSHIP 2011-12

Ladies Overall, Vets & SV's- Results Table After Ovenden

You need to run one short, one medium and one long to qualify.
 Points will be based on your best
 short, medium and long plus your best 2 others
 You must also be a paid-up club member.
 All results to Sally Campbell please

RACE	SHORT			MEDIUM			LONG			Total Points	Points to count	Position	
	Totlely	Thurlstone	Ilkley	Starage	Madsworth	Ovenden	Wharfedale	Sedburgh	Heptonstall				
DATE	24-May-11	9-Jul-11	26-Feb-12	18-Sep-11	12-Nov-11	7-Jan-12	4-Jun-11	4-Jun-11	21-Aug-11	18-Mar-12			
Jo Worboys-Hodgson	9	9		10	10			10	9		57	57	1
Anne Middleton	7	8		9	9			9			42	42	2
Rosalind Bedford		6		8		9		8			31	31	3
Christine Blackford						10			10		20	20	4
Jan Yates	10	10									20	10	5
Charlotte Coleman	8										8	8	6
Bronwyn Morris		7									7	7	7

DDT FELL CHAMPIONSHIP 2011 - 2012

Mens Overall, Vets & SV's- Results Table After Ovenden

You need to run one short, one medium and one long to qualify.

Points will be based on your best

short, medium and long plus your best 2 others

You must also be a paid-up club member.

All results to Sally Campbell please

RACE	SHORT			MEDIUM			LONG			Total Points	POINTS TO COUNT	Position
	Totley	Thurstone	Ilkley	Stanage	Wadsworth	Ovenden	Wharfedale	Sedburgh	Heptonstall			
DATE	24-May-11	9-Jul-11	26-Feb-12	18-Sep-11	12-Nov-11	7-Jan-12	4-Jun-11	21-Aug-11	18-Mar-12	Pts		
Dave Gill		8		9	10	7		10		44	44	1
Pete Hayward	9	9				9	10			37	37	2
Steve Blackford	8			7		10		8		33	33	3
Dave Bebbington	6				9	6	9			30	30	4=
Richard Howard	5					8	8	9		30	30	4=
Pete Andrews		6		5	8		5			24	24	6
Simon Browne	10	10		10						30	20	7
Pete Ramsden	4	7					6			17	13	8
Mick Baldwin				6		5				11	11	9
Phil Ellis				8						8	8	10
Craig Milburn	7									7	7	11=
Graham Guest							7			7	7	11=

Rutland Water Marathon 6th November 2011

Results

390 Finishers

1	Andrew Siggers	Kenilworth Runners	M	2:39.34
19	Kate Mills	Springfield Striders	F40	3:14.52
148	Peter Ramsden	DDT	M55	3:56.32
Last	(Army guy walking in bomb disposal outfit)			7:33.18

It's a beautiful, scenic run and I hope it doesn't disappear – the turnout was significantly smaller than 2010.

The weather was good, but very cold getting to and waiting at the start.

Mostly off road and hilly in places.

Distance markers were every three miles only, which made judging your pace rather difficult. They did seem fairly accurate though - apart from the 24 mile marker, which appeared annoyingly late. It was either way out or I completed the last 2.2 miles in 15 minutes (unlikely).

I had a much better run than last time, some 8 minutes quicker, and pleased to be well under the four hour mark.

Pete Ramsden

Wadsworth Half Trog on 12th Nov (9 miles - but felt longer; 1550ft)

This has to have been one of the wettest, muddiest races in the 2011 fell running calendar - certainly in mine. Our Fell Running Captain obviously knew what was awaiting us and decided to do an alternative race! Having said that, it actually was a very nice day - it was just that one had to use all ones concentration trying to stand up so there was no time to appreciate the view.

Summary of Results (139 runners + 2 DNF)

1st	CVFR	1:07:25
61	Dave Gill	1:34:00
93	Dave Bebbington	1:44:44
97	Jo Worboys-Hodgson	1:46:20 (L 17)
127	Anne Middleton	1:57:23 (L27)
136	Pete Andrews	2:34:05
Last		2:38:14

Just a couple of notes from the photographer.....

Dave G needs a new running vestthe old style causes confusion! Was it on your list for fatherChristmas?

The little red tuft on top of Pete's hat is actually a poppy as it was Remembrance weekend. Pete had also bought new running shoes on the way to race - so they were well and truly broken in! After too much Christmas pudding and chocolates it must be about time for another muddy race!

Anne



More pics from Wadsworth Half Trog—Thanks to Anne & Peter



Barnsley 10K, 20th November 2011

1	Martin Sanders	M	Rothwell	33:26
25	Tom McNally	M45	DDT	37:15
28	Calli Thackery	F	Hallamshire	37:13 1 st Lady
119	Steve Blackford	M55	DDT	42:37
281	Peter Ramsden	M55	DDT	47:40
289	Dave Townend	M55	DDT	47:46
388	Vishal Ramhdani	M35	DDT	51:28
516	Andy Kirby	M55	DDT	56:28
544	Kelly Wilson	F	DDT	57:54
672	Last			1:44:32

Well done to new members Vish & Kelly for completing their first 10K race

This was a DDT championship race

Cross Country. Sunday 20th November. Shipley

31	Ross McClelland	M35	DDT	34:36
73	Tom McNally	M40	DDT	37:36
115	Mick Collinson	M50	DDT	41:20
127	Peter Frankland	SM	DDT	42:43
128	Stewart Yates	M50	DDT	42:51
157	Pete Andrews	M60	DDT	1:02:32

11th Mens Team

Clowne Half Marathon 27 November 2011

1	Stuart Spencer	Barrow		1:11:27	
28	Tara Spillings			1:29:07	1 st Lady
176	Jo Worboys-Hodgson	DDT	O35	1:44:17	
234	Richard Bradley	DDT	O40	1:48:54	
340	Sally Campbell	DDT	O35	1:56:36	
397	David Townend	DDT	O50	2:00:34	
509	Last			3:04:25	

Travellers 6—December 18th 2011

1	Dave Thompson		Barnsley AC	33:44
9	Ross McClelland		DDT	37:50
13	Mark Leggett	M45	DDT	38:40
14	Tom McNally	M45	DDT	39:24
16	Kaeti McKenzie	F35	Barnsley AC	40:15
29	Steve Blackford	M55	DDT	41:54
31	Lesley Leggett	F50	DDT	42:12
48	Charlotte Coleman	F40	DDT	44:40
49	Stewart Yates	M50	DDT	44:43
67	Richard Bradley	M40	DDT	47:18
81	Peter McEvoy	M55	DDT	49:08
87	Ian Milburn	M60	DDT	49:55
95	Dave Townend	M55	DDT	50:31
113	Norman Roper	M60	DDT	53:18
114	Chris Walker	M55	DDT	53:43
126	Stephen Warner	M55	DDT	56:31
129	Graham Guest	M	DDT	56:49
133	Rosalind Bedford	F50	DDT	57:25
134	Jane Bowles	F	DDT	57:52
162	Pete Andrews	M60	DDT	65:50
168	Last			75:15

Yorkshire Cross Country Championships 7 January 2012

Mens

1	Alistair Brownlee	Bingley	34:51
2	Jonathan Brownlee	Bingley	34:55
72	Ross McClelland	DDT	41:53
206	Peter Frankland	DDT	52:12

Ladies

1	Jennifer Walsh	Spennithorne	21:04
77	Charlotte Coleman	DDT	26:23
86	Jo Worboys-Hodgson	DDT	27:17
95	Jan Yates	DDT	28:03
112	Bronwyn Morris	DDT	31:48
115	Alison Barstow	DDT	32:52

19th Ladies Team

“Me and the Brownlees”

This is my moment of glory after dragging myself around the Yorkshire Cross Country Championships course at Wakefield. I had my photo taken with the Brownlee Brothers and they signed my Denby Dale Travellers vest. (Any reasonable offers accepted as I am skint after Christmas.) Perhaps Cross Country does have its perks after all??

Jo





Yorkshire Cross Country Champs—Photos by Stuart Walton



Ovenden Fell Race 7 January 2012

1	Karl Gray	Calder	V40	57:49	
31	Jo Waites	Calder	LV40	1:07:03	1 st Lady
70	Steve Blackford	DDT	V50	1:14:05	
83	Peter Hayward	DDT	V40	1:15:40	
99	Richard Howard	DDT	V40	1:18:52	
113	David Gill	DDT	V50	1:21:45	
123	Dave Bebbington	DDT	V40	1:22:37	
138	Christine Blackford	DDT	LV50	1:25:17	
151	Michael Baldwin	DDT	V60	1:27:50	
193	Rosalind Bedford	DDT	LV50	1:59:00	

This race was part of the DDT Fell Race Championship

Photos below © Woodentops.org.uk 2012



DDT ANNUAL CLUB HANDICAP 22nd JANUARY 2012

This year we were again at The George in Upper Denby and I decided to have a watery theme to the event. I suppose because I have recently retired from the world of water and I still can't give up my fondness for rivers, reservoirs, wells, ponds and sewage treatment !

Despite the strong wind it was very pleasing that 23 people participated altho' some not as competitors, just for the fun of running somewhere else with fellow clubmates.

The race was held over a mixed footpath, tracks and roads and runners could go to each checkpoint in any order. At each there was a letter of the alphabet that spelt EGOREG (is that right ?)

The handicap was based on each runner's most recent 10K. Everyone was very honest as they gave their most recent 10k times which were subject to a challenging (the usual scepticism and laughter) peer review before the start.

The winner of the handicap was Rosalind Bedford who finished in 64.34 mins and she was also the fastest woman! Well done Rosalind and she was presented with the framed painting to hang on her wall and impress people for a whole year !

The fastest person was Steve Blackford in a superb time of 52.50 mins. Well done to all and everyone enjoyed a great sociable atmosphere as DDT does so well.

Jegs

...This strange trio were spotted in the George Car Park after the event →



**Northern Cross Country Championships 28 January 2012
Pontefract Park**

Mens

180	Ross McClelland	47:58
474	Ralph Barker	56:24
494	Phil Ellis	56:57
570	Mick Collinson	59:59
582	Richard Howard	1:00:48
645	Richard Bradley	1:04:58
685	Pete Andrews	1:29:55

49th Mens Team

Ladies

141	Jo Worboys-Hodgson	41:16
146	Jan Yates	41:41
202	Bronwyn Morris	48:03
214	Rosalind Bedford	51:25
224	Alison Barstow	54:30
24 th Ladies Team		

Meltham 10K 29 January 2012

1	Dave Watson	Holmfirth	M40	34:43	
13	Tom McNally	DDT	M40	38:37	
23	Amy Green	Keighley	F	40:14	1 st Lady
26	Paul Guest	DDT	M40	40:52	
92	Nichola Sykes	DDT	F40	46:24	
125	Jo Worboys-Hodgson	DDT	F40	48:31	
137	Edward Townend	DDT	M	49:11	
159	Dave Townend	DDT	M55	50:04	
175	Peter Ramsden	DDT	M55	51:22	
183	Sally Campbell	DDT	F35	52:11	
185	Richard Bradley	DDT	M40	52:19	
211	Graham Guest	DDT	M	53:44	
264	Rosalind Bedford	DDT	F50	58:45	
324	Last			85:41	

Well done to Jo, Richard & Rosalind who competed in this race despite having done the Cross Country the day before—that's dedication!



Photos from Meltham 10K © Flaming Photography 2012



DENBY DALE TRAVELLERS AC

THURSDAY NIGHTS TRAINING SESSIONS

As you are all aware a number of Travellers have been attending training sessions on Thursday evenings, which are more focused towards specific workouts e.g. hill reps, bleep test, pyramids sessions and speed work. Let me assure you that these quality sessions are for runners of all abilities who would like to improve their fitness and maybe even their race times! The sessions are varied and timed to ensure that all will benefit, whatever your level of fitness. Fast or not so fast, join us on Thursdays.

Over what has been a cold, wet and windy period (especially on Thursday nights) we have had an excellent turn out to undertake the variety of sessions we have put together. Not that I took part in many of them as I was busy conducting a more extreme training session in Barbados and more recently South Africa which was pretty tough on me!! I have however noticed a drop in my level of fitness from being away (poor to very poor) and this was very apparent at the DDT handicap race last Sunday and more recently the interval session last Thursday. Anyway back to normality and back to some proper training will I hope get me back. Many thanks to Tom and indeed others who kept the sessions going over the last month.

I have put together some sessions for the next four weeks and have increased the number of longer sessions and reps. on hills with a view to building up some stamina as spring approaches, when we will go for some shorter sprints to increase our individual speed.

The following sessions will take place from the Pie Hall at 7pm on the following Thursdays. Please join us.

2 nd Feb.	Fartlek 5 mile run incorporating 12 x 2 mins sprints
9 th Feb.	Hill Reps (DD Station) x 12
16 th Feb.	Reps session (2 mins x 6) x 2
23 rd Feb.	Circuit (Sunny Bank – 2 laps) 4 x 8 mins

Any suggestions for future sessions/venues please let me know. We look forward to seeing you at the Pie Hall next Thursday. (27.01.12. GR)

Denby Dale Travellers AC

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We're on the web at:
www.denbydaletravellers.org.uk

*All contributions to the newsletter
welcome by email, post or in person
(email is preferable though so I can
'cut & paste')*



Save the Date

Friday 27 April 2012

DDT Christmas Party at The Old Canteen
Barncliffe Mills, Shelley

Further details will be available soon
From organizers Rachel & Roger Lawty

Next Issue April/May 2012

Please let me have
contributions by mid April

Check out the 'Denby Dale
Travellers' page on
Facebook for extra photos,
web-links & gossip!



Mickleden Straddle Fell Race

The Mickleden Straddle Fell Race, organised by the Travellers, takes place on Sunday 5 February, starting at 10.30am from Langsett Barn. The race is over a 14.3m course with over 2400ft of climb. If you would like to take part in the race, entry forms are now available on the Club web site or from race organiser, Richard Howard.

Richard would also appreciate offers of help with marshalling, timekeeping and sandwich making etc. No previous experience is necessary as full training will be given!