

# Denby Dale Traveller

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[www.denbydaletravellers.org.uk](http://www.denbydaletravellers.org.uk)

October/November  
2011

## Away Day Antics



Winners Jo & Charlotte, being presented their prizes by organizer Jags

### **Watch Your Time 2011—Summer Away Day—July 2011**

This is a traditional Annual DDT event at which everyone has an equal chance of winning. The idea is for each runner to estimate their own running time for a cross-country route which is only revealed at the start of the race.

All watches are banned, obviously!

*Continued page 2*

This year the race was over a distance was 4miles across footpaths around Denby Dale. As usual it was eventful with 26 people running in all directions, Tony S got bitten by a wasp, Chris fell over, several allegations of cheating (How?) but great fun for all!  
The joint winners were Jo and Charlotte who estimated that they would complete the course in 42mins 30s and they arrived back in 42mins 45s!  
The fastest runner was Ross in 33mins 25s.  
The winners were presented with the winning trophy of the hand-made miniature wooden style and a star prize of a bra (size 32DD) and a bottle of Martini donated by Dave from Clayton West Car Wash. if you need your car washing please go and mention you are a DDT member as Dave is offering a £1 discount!  
Thank you all for taking part in this enjoyable typical and classic DDT event ! See you next year with a new routes and prizes.

Jegs

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**European Sprint Triathlon qualifier Rother Valley**  
**12<sup>th</sup> June 2011**  
**(or forgotten man of DDT!)**  
\*\*\*\*\*

**Tony Weston**

(Sprint distance 750m swim, 25.4k Bike, 5k run)

I thought I would write this, not only as a race report but to let the Thursday night guys know what the heck have I been doing over the last 6 months plus!

Given that my appearances have been pretty rare this year, I was thinking of asking Tony S for a rebate on subs!

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This has probably been my worst year for injuries since football was my preferred sport back in the day. In early Feb I damaged my Bursar hanging out of a window (don't ask!). The resulting bursitis swelled my left leg massively. The only real cure as usual, complete rest. So for the first time for 6 years, I was unable to compete in the Clumber Park Classic Duathlon, an event I have used to qualify for the World Duathlon Champs for the last 3 years.



Having to DNS was a blow, I was reasonably fit over the winter, with great help from George and the 'Thursday night' guys. The only logical way to rest the leg and try to keep some fitness?.. , obvious, to swim! After 2 months of swimming and later a bit of gym work then starting to cycle/run, even a few cross country events! I gradually started to get some form.

The only way I can ever really challenge myself, beyond just training for training's sake is to have a goal which motivates me to push myself to give that little bit extra. So with all the swim training in the bag I decided it was time to get back into the water and do a Triathlon. I am not a big fan of the 'wet stuff' in races but sometimes circumstances dictate and not competing or having a goal would be much worse. Apart from the odd training races, it was surprisingly 4 years since my last serious Tri. I booked at a few 'low key' races just to get feel of it again and brush up on transition technique which plays a major part. Whilst Sprint triathlon's are relatively easy in terms of distance, they are full on in terms of effort and concentration with no margin to recover from an error of judgement.

I booked my place in the Rother Valley European Sprint Tri qualifier in mid June with the Scissett Tri early June as final preparation. The Scissett Tri went really well and it was good to iron out any last minute transition and pacing issues.

Rother Valley is a great triathlon event in June with races over 2 days for all ages and categories. There was plenty of time to look over the course and make a few final adjustments to my plans. Open water triathlon is much more complicated than Duathlon of course, not only do you have an extra discipline to contend with, but a wetsuit to negotiate after the swim. On the Sunday morning I placed my kit around the bike with military precision, visualised what I would do in T1 and T2 and then off for the swim. Some people hate mass starts in open water but I have never found them any bother. There is plenty of kicking and shoving but just starting towards the back and gradually making my way through field (slowly) works. With this being my weakest event, I just swam solidly without taking too much out of myself, or my legs, for the main event... the bike/run, a time of 15 mins.

T1 went smoothly, the wetsuit off without too much bother, no penalties and away on the bike for 25k or so. The bike course was 2 laps of a hilly/technical route, which I prefer, as opposed to an out/back flat time trial course. It was amazing how quickly it passed. After a slow swim, I now had the incentive of passing plenty of competitors throughout the bike route and actually able to identify people from my direct Age Group. 52 mins was an ok time for the bike, not the best but definitely better than some of my direct competitors.

The bike leg finish was an easy 1 mile downhill/flat so plenty of time spin out the legs and gather myself for the run. Coming into T2 for the final change into running shoes I felt strong. The run was 5k, and ran flat around the lake. These types of courses can be pretty demoralizing but I have always been able to handle that side of running. I passed 2 of my direct competitors, one at around 2.5k and one at 4k so I knew I had a chance of qualification. The run was 21.03 which was an ok time but pretty well near the top of my Age Group in triathlon. Well you have got to be good at something?



Happily, this didn't seem to dampen the spirits too much of the 120-strong field lining up at the start of the race, won by Macclesfield's Simon Harding. Holmfirth's Helen Berry was 1<sup>st</sup> lady home finishing high up amongst the men in an excellent 16<sup>th</sup> position overall. 1<sup>st</sup> DDT runner home, Dave Gill had a good day too, running strongly to finish 54<sup>th</sup> overall. Jo Worboys-Hodgson finished 87<sup>th</sup> with your author not too far behind in 88<sup>th</sup>. Mick Baldwin also started, but unfortunately registered a *very rare* DNF. I didn't get chance at the time to ask what happened, but given his previous record in this and other "AL" races, it can't have been something trivial – the fact that 10% of the field did the same is probably testament to the conditions on the day.

Mention must be made of the efforts of Russell Bangham (race organiser), the marshals, other helpers and Holme Valley and Oldham Mountain Rescue teams who provided support for the runners in appalling conditions. Amongst these were some of our own, with much needed encouragement being given by Martin Hirst down at Crowden and plenty of mirth being provided by the infamous double act of Patrick Green and Holmfirth's Ashley Smith, who's friendly greetings and heckles (depending on who you are) can't fail to raise a smile on the faces of tired runners emerging at the top of the climb to Laddow Rocks. Gratitude also to the ladies serving free tea, sandwiches and cakes at the finish - always a good way to induce the sudden post-race amnesia syndrome that makes you want to come back next year.

Speaking of next year, it will be Russell Bangham's 25th and last race as organiser. Holmfirth Harriers assure that the event will continue in future years but would welcome as many runners as possible to celebrate his remarkable feat, not to mention commitment. It probably goes without saying, but due to this, the race will be in the next DDT Fell Championship, so be warned – it could be you writing this report in 2012!

Race Results:

1	Simon Harding	M	Macclesfield Harries	2:35:30
16	Helen Berry	F (1 <sup>st</sup> L)	Holmfirth Harriers	3:06:43
54	Dave Gill	MV50	DDT	3:38:37
87	Jo Worboys-Hodgson	FV40	DDT	4:05:17
88	Richard Howard	MV45	DDT	4:05:17
112	Final Finisher			5:20:00
DNF	Mick Baldwin	MV55	DDT	

Richard

# DDT Road & Fell Race Championships— Update

## Reminder of the rules.....

**The club road race championship** will include 9 events to be nominated by the club captains. There will be 3 'short' events (up to 10k), 3 'medium' events, (10k-10 miles) and 3 'long' events (more than 10 miles).

Up to 6 of the nominated events can count towards the championship. **These must include 1 short, 1 medium and 1 long race, together with up to 3 of the other nominated races. You need to run 1 race to qualify. You must also be a paid up club member.**

**The club fell championship** will include 9 events to be nominated by the club captain. There will be 3 'short' events, 3 'medium' and 3 'long'.

Up to 5 of the nominated events will count towards the championship. **These must include 1 short, 1 medium and 1 long race, together with up to 2 of the other nominated races. You need to run 1 short, 1 medium and 1 long race to qualify. You must also be a paid up club member.**

The scoring system sounds complicated, but is really quite simple. The first Traveller back in each race scores 10 points, the second 9 etc. etc. At the end of the year the champion in each category is the person who scores the most points

The categories are:  
Mens Open, Vet and SupeVet (Road & Fell)

## Remaining Fell Championship Races for 2011-12

### Short

Ilkley Moor (Wells Rd, Ilkley) AS 5m/1260' Sun (late) Feb 2012, 11.30am

### Medium

Wadsworth ½ Trog (Old Town, Hebden Bridge) BM 9m/1550' Sat 12<sup>th</sup> Nov 2011, 10:00am  
Ovenden (Ogden Reservoir, Halifax) BM 8m/1200' (early) Jan 2012, 11.30am

### Long

Heptonstall (Heptonstall, Hebden Bridge) BL 15m/3300' (mid) March 2012, 10.30am

## Remaining Road Championship Races for 2011-12

### Short

Barrnsley 10K 20 Nov 2011  
Meltham 10k 29 Jan 2012

### Long

Clowne Half 27 Nov 2011  
South Yorkshire Half Mid March 2012

### Medium

Norton 9 4 Mar 2012

## DDT ROAD RACE CHAMPIONSHIP 2011-12

### LADIES OVERALL, VET & SV - results table after Selby

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	Meitham	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	? Mar 12				
Nichola Sykes	10			10	10		10			40	40	1	V
Rosalind Bedford	9			8			9			26	26	2	SV
Sally Campbell				9						9	9	3	

## DDT ROAD RACE CHAMPIONSHIP 2011-12

### MENS OVERALL, VET & SV- Results Table after Selby

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

RA CE	SHORT			MEDIUM			LONG			Total Points	POINTS TO COUNT	Position	Age Category
	Amsliffe	Bamsley	Meltham	Stainland	Selby	Norton	Wolds Half	Cloune 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	? Mar 12				
Tom McNally	10			10	10		10			40	40	1	V
Pete Andrews	2			5	8		7			22	22	2	SV
Mick Collinson	9				9					18	18	3	SV
Steve Blackford	8			8						16	16	4	SV
Richard Bradley				6			9			15	15	5	V
Phil Ellis	6			7						13	13	6	
Mark Leggett				9						9	9	7	V
Peter Ramsden							8			8	8	8	SV
Pete Hayward	7									7	7	9	V
Nigel Taaffe	5									5	5	10	V
David Bedford	4									4	4	11	V
Andy Kirby	3									3	3	12	SV

## DDT FELL CHAMPIONSHIP 2011-12

### Ladies Overall, Vets & SV's- Results Table After Stanage Struggle

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	Thurystone	Ilkley	Stanage	Wadsworth	Ovenden	Wharfedale	Sedburgh	Heptonstall				
DATE	24-May-11	9-Jul-11	? Feb 12	18-Sep-11	12-Nov-11	? Jan 12	4-Jun-11	4-Jun-11	21-Aug-11	? Mar 12			
Jo Worboys-Hodgson	9	9		10				10	9		47	47	1
Anne Middleton	7	8		9				9			33	33	2
Rosalind Bedford		6		8				8			22	22	3
Christine Blackford									10		10	10	4=
Jan Yates	10	10									20	10	4=
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 Stange Struggle

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

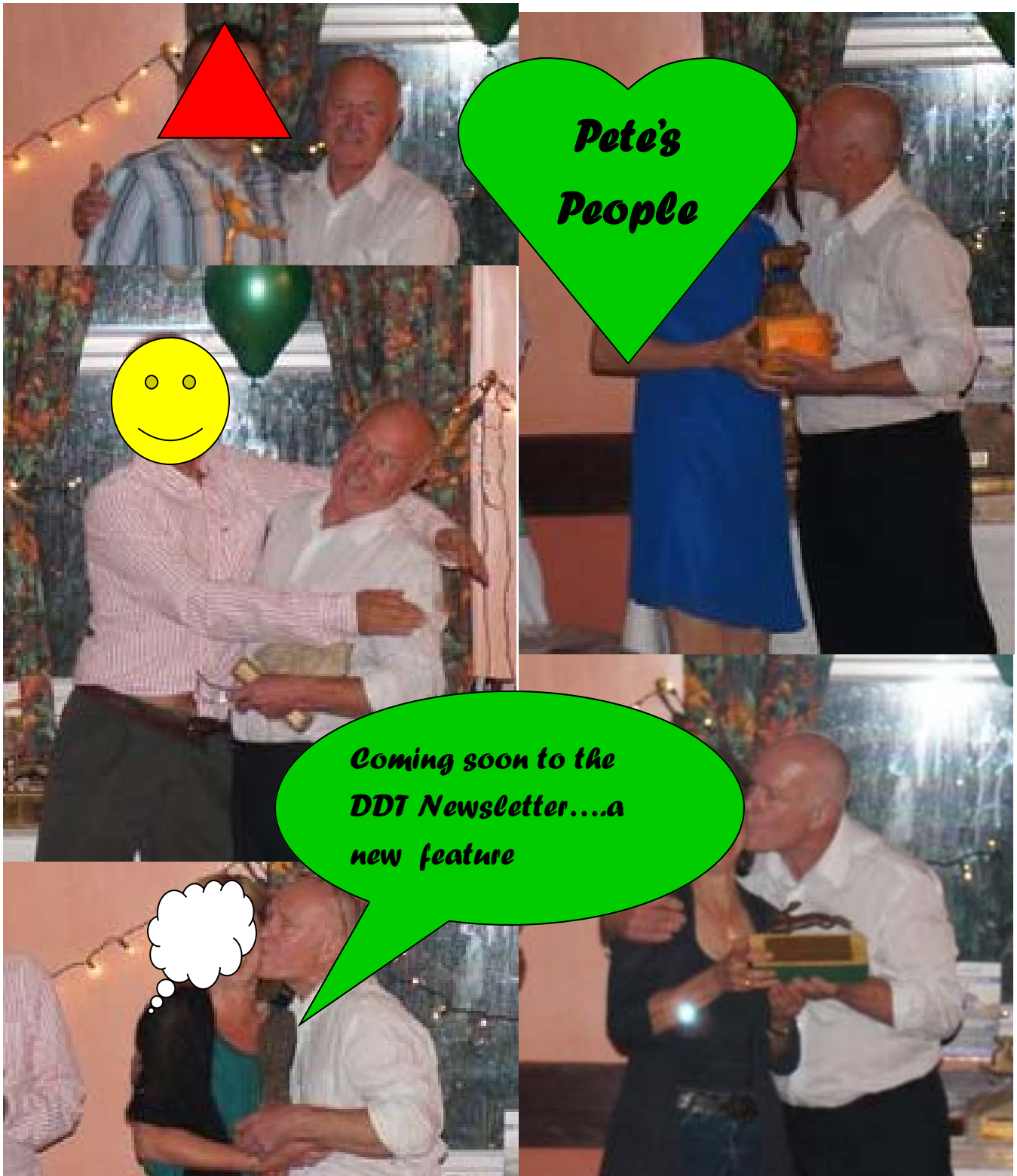
Points will be based on your best

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	Thurstone	Ilkley	Stange	Wadsworth	Ovenden	Wharfedale	Sedburgh	Heptonstall			
DATE	24-May-11	9-Jul-11	? Feb 12	18-Sep-11	12-Nov-11	? Jan 12	4-Jun-11	21-Aug-11	? Mar 12	Pts		
Dave Gill		8		9				10		27	27	1
Steve Blackford	8			7				8		23	23	2
Simon Browne	10	10		10						30	20	3
Pete Hayward	9	9					10			28	19	4
Dave Bebbington	6						9			15	15	5
Richard Howard	5						8	9		22	14	6
Pete Ramsden	4	7					6			17	13	7
Pete Andrews		6		5			5			11	11	8
Phil Ellis				8						8	8	9
Craig Milburn	7									7	7	10=
Graham Guest							7			7	7	10=
Mick Baldwin				6						6	6	12



***Pete's  
People***

***Coming soon to the  
DDT Newsletter...a  
new feature***

***For this feature, Peter will be profiling a different DDT member for each issue of the newsletter. If Pete asks you to participate then please cooperate—this will be a fun way for us to get to know members better. Hopefully the first profile will appear in the next***

## Askern 10k. 14 August 2011

Lesley was 1<sup>st</sup> lady at the Askern 10 on 14<sup>th</sup> August in a time of 67:34. The race incorporated the Yorkshire Championships, so she is now the Yorkshire Open 10 mile ladies champion at the age of 53! Very impressive. She was already the Yorkshire Vets LV50 10 mile champion, having come 4<sup>th</sup> lady and 1<sup>st</sup> LV50 at the Eccup 10 in 67:09.

With Lesley ranked no2 LV50 in the UK this year at 10 miles and Bridget ranked no1 LV45 at marathon, we have had some outstanding performances from DDT ladies this year.

Nichola

## The Three Peak Challenge - goes national

I read with interest Nigel's article about us doing the Three Yorkshire Peaks – it was a real high in my year. I obviously got the bug and went on to do the Three National Peaks. It was touch and go, as I have had a few injuries this year, but it is amazing what you can achieve with the help of prescription drugs.

I joined a group from ASDA, who were raising money for Cancer Research UK. It consisted of 6 walkers/climbers and 2 drivers. Our challenge was to climb up and down the Three National Peaks in less than 24 hrs. We set off from ASDA house, Leeds at about at 9.00am Friday 15<sup>th</sup> July, heading straight up to Fort William and the first mountain, Ben Nevis. Our proposed start time was 5.00pm with the aim to be down by 10.00pm. Everyone was in high spirits as we set off – but the clouds were gathering and the temperature was dropping. We made good time and knocked off “the Ben” in the suggested time. The highlight for me was over taking a group of Royal Marines at the halfway point and having a snowball fight near the summit.

**Snow in July - well it is Scotland!**



After a quick clothes change and a refuel it was back in the mini-bus for the long journey down to England and Scafell Pike. Our aim was to be at Wasdale Head, for 4.30am. We made it in good time but the weather was terrible. It had been raining a bit during the journey down, but as soon as we parked up the heavens open and did not stop for the next 6 hours.

The biggest challenge of the weekend was getting 6 sleepy people out of a warm, dry mini-bus, telling them it was a good idea to put wet clothes back on and start climbing a mountain in the pouring rain. After a bit of grumbling (and chocolate) we all set off in the pitch black. The conditions were simply horrendous, the rain was unrelenting, rivers that we waded thorough on the way up, had become waist high torrents on the way back down. It was one of those moments, when you get back to the mini-bus, you realise you should not really have set off – but we had money riding on this. Again we made good time and got up and down with time to spare.

We had to change and refuel again, but this was now slowing us down. The climbing and the driving we did in the suggested time but all the messing around in terrible conditions was starting to cost us too much time.



**The best cup of tea in the world ever!**

All back on the mini-bus and race to Wales and Snowdon. On the way we had a quick stop at a service station for food, fuel and newspaper in a futile attempt to dry out our boots. The entire journey down it continued to rain, but as we entered Wales and then Snowdonia it brightened up and though you would never have called it barmy it was certainly warmer and the sun even popped out.

By now we had fallen badly behind schedule and we could not get up and down in 24 hours. But the mood was still upbeat and the sun gave us a real lift. We all set off in good spirits and climbed the steep route to the top. It was a real scramble at times, but we had been at this for the best part of 23 hours now. After a long slog we made it to just short of the top – the sun came out and you could see all the way to the coast and everything in the world seemed right and it was all worth while. But as is nature's way, as soon as the vista appeared it disappeared in heavy mist that never lifted all the way to the top.

The irony of Snowdon is that it is a tough walk, but when you get to the summit you are greeted by hordes of people in "flip flops" that have got the train up. We struggled to the peak and took one last



## At the top of Wales!

It always takes longer to get down than you think – but we all did and in good shape. It took us just under 26 hours to complete the Three Peaks and part of that was due to the simply horrendous weather. But it was a great experience, all the team completed it and we raised over £10,000 for Cancer Research.

I can say the Nationals were not as hard as the Yorkshires – that was a real test. I was tired after the Nationals but shattered after the Three Yorkshire Peaks. I know these events can seem a little contrived and processional, but give them a go if you have the chance and see how tough they are. Oh what about the Royal Marines? – they made it in under 24 hours, in about 23.59. But I don't think they had as much fun!

You can view our exploits on the web at: <http://www.youtube.com/user/OMENDBK#p/u>

The mountains climbed, in order of elevation, are Ben Nevis in Western Scotland, 1,344 metres (4,409 ft), Snowdon in North Wales, 1,085 metres (3,560 ft), and Scafell Pike in North-Western England, 978 metres (3,209 ft). In all the challenge involves some 42 kilometres (26 miles) of ascent and descent, with total travel approaching 765 kilometres (475 miles). The challenge is usually undertaken starting with Ben Nevis, the highest, and for many the most distant.

Huw Thomas



## Ingbirchworth Duathlon - Tuesday 23 August

Stewart Yates retained his title as the Club Duathlon champion, finishing over 6 minutes ahead of Steve Blackford in second place. The event had a run-bike-run format this year starting with a 1.5 mile run around the reservoir followed by a 10.3 mile road cycle and another lap of the reservoir to finish.

19 runners and riders from the Travellers took part in the event. The run-bike-run format worked well with lots of passing and re-passing throughout. Whilst Stewart was in a class of his own, the rest of the field was closely grouped, finishing within a few minutes. Perhaps next year as a handicap, Stewart should have a bag of shopping strapped to the time-trial handlebars of his bike! Results are available by following the link on this page.

### Overall Results

#### LEG 1

Pos	Name	Run Time	Cycle Time	Total Time	Run Time	Total Time
1	Stewart Yates	00:10:16	00:30:34	00:40:50	00:11:14	00:52:04
2	Steve Blackford	00:10:07	00:37:03	00:47:10	00:11:04	00:58:14
3	Dave B(R) and Jane F (B)	00:12:39	00:35:17	00:47:56	00:12:57	01:00:53
4	Ross McClelland	00:09:32	00:42:20	00:51:52	00:10:05	01:01:57
5	Andy Ackroyd	00:15:32	00:35:27	00:50:59	00:11:13	01:02:12
6	Gordon Behrens	00:11:25	00:38:27	00:49:52	00:12:26	01:02:18
7	Kathy (R) and George (B)	00:13:41	00:35:00	00:48:41	00:13:47	01:02:28
8	Jo Worboys	00:11:49	00:39:00	00:50:49	00:11:55	01:02:44
9	Phil Ellis	00:10:31	00:42:07	00:52:38	00:11:05	01:03:43
10	Mick Collinson	00:10:34	00:41:13	00:51:47	00:12:02	01:03:49
11	Andy Kirby	00:12:37	00:37:11	00:49:48	00:14:03	01:03:51
12	Richard Bradley	00:11:00	00:42:01	00:53:01	00:11:34	01:04:35
13	Dave Townend	00:11:10	00:43:45	00:54:55	00:11:46	01:06:41
14	Roger (R) and Rachel (B)	00:10:17	00:46:42	00:56:59	00:10:45	01:07:44
15	Edward Townend	00:11:12	00:41:24	00:52:36	00:16:12	01:08:48
16	Graham Guest	00:11:20	00:46:52	00:58:12	00:13:23	01:11:35
17	Jan Yates with Millie and Ruby	00:13:29	00:58:53	01:12:22	DNF	DNF
17	Pete Andrews	00:15:17	00:52:45	01:08:02	DNF	DNF
17	Tony Sharpe	00:11:26	00:36:02	00:47:28	DNF	DNF

## Skidmarks On The Summits

### Sedbergh Hill Race – 14.0 Miles/6000' (AL) – 21/08/2011

This was the second “long” race in the DDT 2011/12 Fell Championship. With so much ascent crammed into a relatively short distance, it's one that's always had an appeal for my more macho instincts (or whatever remains of these), yet sadly this has never been quite strong enough to lure me to the start line.

Whilst previous abstentions have usually been down to injury or laziness in equal measure, the August date has also played a part, giving rise to a multitude of excuses, such as been too soon after holidays, thus been prevented from doing meaningful training, insufficient time to build up the distance, etc. But thanks to Steve and Christine, (who did the sum total of their distance and hill training for the race just the weekend before with a trot around the Lads Leap / Crowden race routes) and to Jo (turning up at the start just 11 hours after arriving home from 2 weeks on the beach in France without a sniff of a hill to train on), it's now obvious that my previous self-justifications would seem to indicate a greater susceptibility to idleness than first thought. But this year at least, things would be different; with no holidays planned until the day after the race, and coming just a month after doing Holme Moss, I'd finally ran out of excuses.

As well as for DDT's, this year's race was also a counter for the FRA's English and British Fell Championships. Due to this (i.e. the FRA not DDT), changes were made to the usual time-outs, which this year were being enforced at all checkpoints and would be tighter than usual. This caused consternation to a number of runners (middle-of-the-packers as well as tail-enders), especially as this information hadn't been advertised beforehand and was only made available at race registration. More worryingly, the time set for Checkpoint 1 on Arant Haw (35 minutes), seemed a bit mean to say the least. Fortunately, after the initial panic had subsided and despite Christine almost talking us all back into the car to go home, the consensus arrived at was that though we were all surely doomed, it would be better to get timed out than never to get timed out at all (or something like that). Happily, myself, Steve, Christine and Jo reached Arant Haw with 3 to 4 minutes to spare and a huge sense of relief (but not with a sigh, it's hard to when you're gasping). Renaissance Man Dave Gill, already well in front, had no such worries.

And so to the race itself. I had been warned it was “tough”. Lacking the vocabulary to expand on this understatement without using expletives, I'll have to settle for “indescribably tough”, easily one of the hardest races I've ever done. The endless ascents were bad enough, stretching the calves so much you could almost hear them ping-pong. But the (sometimes near vertical) descents became even more agonising as the race wore on. The experience of quads feeling ready to burst at any moment and with every downward step inducing the same sensation into poor little toes normally felt after stubbing them on the bed leg / door in the dark, seemed to have left a significant minority similarly traumatised. But as always, there are those able to rise above such situations by displaying courage and initiative and at this juncture, mention has to be made of the inspiration behind the title of this report. This is our very own Jo Worboys, who I am reliably informed drew gasps of admiration from spectators and fellow runners alike, with a descending technique that could not have been better executed had she been using a bin liner! Like most of us, I've been forced on occasion to adopt this method myself, but usually only briefly following a slip of the feet, not in any pre-meditated prolonged fashion and definitely not with the skill normally becoming of an

The route itself starts with a short run along Howgill Lane from the Peoples Hall in Sedbergh, before turning right onto the fells proper, to start the long hands-on-knees slog skirting around Winder fell, then up and up to Checkpoint 1 at Arant How summit. Winder summit is the location of the final checkpoint (6) on the way back before the final plunge back towards the finish. In between these two summit checkpoints are 10 miles of the most genuine fell terrain that the connoisseur could ever wish for, the aforementioned perpendicular challenges being mixed with gruelling tussocky sections and slippery clay-like muddy paths that made the high level contouring around Black Force as hair-raising as it was spectacular. Even the bit described as “all runnable” on the Pete Bland race map, the 2 mile long drag from Bowderdale to the penultimate summit of The Calf, could only be achieved (in my case) with a mixture of jogging and walking between imaginary lamp-posts. The enthusiastic German tourists shouting encouragement at us on this section must surely have wondered “how did we lose to this bunch of nutters?!”.

The race was won by Morgan Donnelly of Borrowdale, 2 minutes in front of Lloyd Taggart of Dark Peak, whose second place was enough to confirm him as the 2011 FRA English Champion. First lady was Jackie Lee of Eryri, 73<sup>rd</sup> overall. Dave Gill was 1<sup>st</sup> DDT runner home in 245<sup>th</sup> position, a full 10 minutes in front of my 269<sup>th</sup> place. I'd briefly had hopes of catching up after spotting him about 2 minutes ahead on the climb up to Castley Knotts, 3½ miles or so into the race. But having partnered him in past fell relays, I realised these were delusions once we started hitting the big rough descents (he'd beat me on these if he was carrying a handbag with a fire-brick in it). Steve and Christine followed 2 minutes later in 276<sup>th</sup> and 277<sup>th</sup> place, immediately after which I was happy -slapped by Christine for putting the race in our calendar. To have the energy to do so was an achievement in itself after what was an outstanding effort, given her belated training for the race. Just 5 minutes later, in came Jo in 285<sup>th</sup> place, again a truly gutsy performance that must have made the previous day on that French beach seem very distant.

Tough as it was, everyone (Christine too) seemed chuffed to have completed such a testing, classic event over and around these imposing and majestic hills. This, along with Steve's avid conversion to cans of Stella as a post race drink (he wasn't at the wheel), made for a happy and contented drive back down the M6.

Richard Howard

1	Morgan Donnelly	M	Borrowdale	02:02:44
2	Lloyd Taggart	MV40	Dark Peak	02:04:29
73	Jackie Lee	F	Eryri Harriers	02:32:43
245	Dave Gill	MV50	DDT	03:22:46
269	Richard Howard	MV45	DDT	03:32:23
276	Steve Blackford	MV55	DDT	03:34:53
277	Christine Blackford	FV50	DDT	03:34:53
285	Jo Worboys-Hodgson	FV40	DDT	03:39:06
334	Final Finisher			05:02:36



**Steve & Christine**

## Cross Keys Relay 3<sup>rd</sup> September 2011

September 3<sup>rd</sup> brought the annual running of the Cross Keys fell/road relay organised by Saddleworth Runners AC. This event is a 4 leg relay with the first and third legs being 3 miles on the road and the second and fourth legs being 2.5 miles on the fell. The common changeover point is outside the Cross Keys pub at Uppermill and the format provides fast and furious action for the many spectators.

The road section is challenging with 2 sharp climbs and the fell section climbs over the hill dropping down to the A635 Holmfirth road before returning back to the Cross keys pub.

This year Denby Dale mustered one team of Ross, myself, Richard and Ralph, together with a support team of Ross's son Jack and my 2 children Isobel and Charlie.

The kids were positioned on the grass outside the pub and the racing commenced. The start of the race coincided with the emergence from Uppermill church of a wedding party. Luckily collisions were avoided by some bobbing and weaving from both the runners and happy congregation.

A strong lead off leg by Ross was followed by myself on the first fell leg. Richard managed to pull back a place on the 3<sup>rd</sup> road section and Ralph ran strongly to bring the team home in 10<sup>th</sup> position overall. The weather was fine and perfect for running and there was plenty of time afterwards for a cheeky beer in the pub.

The Cross keys relay is a cracking event with a relaxed atmosphere. There seemed to be fewer teams this year than in previous years, but this was probably down to a number of fell and road events taking place on the following day. I would encourage any DDT members who haven't raced here before to sign up for next years event. I don't think they would be disappointed.

08 September 2011  
P Hayward

### Team DDT plus support crew .....

(apologies to the semi naked man in background whose photo has been inadvertently published)



## Stainland 7, nr Halifax. 4<sup>th</sup> Sept 2011

1	Jonathon Wills	M	Bristol & West	39:50	New course record!
16	Tom McNally	M45	DDT	46:51	
23	Mark Leggett	M45	DDT	47:39	
26	Helen Glover	F	Keighley & Craven	48:45	1 <sup>st</sup> Lady
39	Steve Blackford	M55	DDT	51:08	1 <sup>st</sup> M55
44	Nichola Sykes	F40	DDT	52:02	1 <sup>st</sup> F40
45	Phil Ellis	M	DDT	52:05	
101	Richard Bradley	M40	DDT	1:01:25	
115	Sally Campbell	F35	DDT	1:05:22	
122	Rosalind Bedford	F50	DDT	1:07:47	
142	Pete Andrews	M60	DDT	1:19:17	
145	Last			1:20:31	

This race was selected for the DDT road championship but felt more like a fell race on tarmac! The gradient of the hills made me appreciate that Penistone & Meltham 10k really could be worse; the final hill was long & steep & extremely challenging!

On the positive, the support from the marshalls was great and the goody bag included plenty of chocolate.

The winner came all the way from Bristol to break the course record and was a good couple of minutes ahead of the second place runner.

Sally

## DEFFER TRIAL 6<sup>TH</sup> SEPTEMBER 2011-09-08

Autumn arrived abruptly in September; and so a strong blustery wind on an unsettled evening greeted 17 runners to the wood for the final trial of 2011. A great turnout on such a night. 2 new faces to welcome to the wood and strong runs from both Jeremy and Roger. Also an excellent run by Phil Ellis to improve 39 seconds on his July time.

Ross was first home despite an encounter with a large dog part way round; and Jo was first lady (excellent consistent times through the year, 14.30, 14.41, 14.36). Full results below.

Thanks to Kathy, John and Patrick for assistance with timing beneath the swirling trees!

Ross McClelland	11.36	Tom Rowley	14.38
Phil Ellis	12.34	Graham Guest	15.06
Jeremy Patterson	12.42	Dave Townend	15.36
Steve Blackford	12.58	Mike Baldwin	15.42
Roger Lawty	13.18	Damien Hall	16.13
Dave Gill	13.34	George Russell	16.22
Stewart Yates	13.41	Rosalind Bedford	17.03
Nigel Taffe	14.19	Andy Kirby	17.30
Jo Worboys	14.36		

Overall for 2011, Ross's May time of 11.12 was fastest; similarly in May Nicola Sykes was fastest lady with 12.42. Most improved were junior Milly Yates, 1 minute 54 seconds (16.15 from 18.09); and Will Weatherill, 1min 14 secs (12.48 from 14.02).

Well done all.

Steve

### Penistone Show 10k

10<sup>th</sup> September 2011

1	D Thompson	M	Barnsley AC	35:21	
9	T McNally	M45	DDT	38:22	
16	J Buckley	L55	Penistone	41:07	1 <sup>st</sup> Lady
25	R Barker	M55	DDT	42:20	
30	B Coomber	L45	DDT	42:44	
31	N Sykes	L40	DDT	42:47	
48	D Gill	M50	DDT	45:10	
77	P McEvoy	M55	DDT	47:54	
97	D Townend	M55	DDT	50:11	
107	N Roper	M60	DDT	51:17	
160	A Kirby	M55	DDT	58:50	
192	P Andrews	M60	DDT	64:24	

### Wakefield Hospice Sandal Castle 10k

11<sup>th</sup> September 2011

1	Dave Thompson	M35	Barnsley AC	35:46	
8	Mark Leggett	M45	DDT	39:41	
19	Elizabeth Burrows	F		42:20	1 <sup>st</sup> Lady
34	Nathan Collinson	M	DDT	44:11	
50	Mick Collinson	M50	DDT	45:20	
61	Richard Bradley	M40	DDT	46:27	
105	Peter McEvoy	M55	DDT	49:19	
121	Norman Roper	M60	DDT	50:26	
127	Anne Middleton	F50	DDT	50:50	
131	Ian Milburn	M60	DDT	51:00	
369	Last			1:42:33	

## Stanage Struggle 18 Sept 2011

9 travellers struggled with the Struggle (some more than others!) on a glorious Sunday morning (18th Sept). The route starts in Hathersage and goes steeply up to Stanage Edge where you get a breather and fine views as you bobble along the edge before a steep descent through bracken, a bit of road, fields, woods; finishing with a slight sting in the tail. We all had a good time and those who didn't run off too quickly helped celebrate Rosalind's birthday with chocolate cake.

1 Rob Baker (Dark Peak) 39.07

42	Simon Browne	46.49
81	David Gill	50.17
83	Philip Ellis	50.2
86	Steve Blackford	50.23
160	Joanne Worboys-	56.01
185	Michael Baldwin	57.4
215	Anne Middleton	59.45
306	Rosalind Bedford	71.37
316	Pete Andrews	76.06

Anne (& Pete - chief photographer)

(N.B. Team photo below, unfortunately not enough space for all Peter's superb photos so I will put the rest on Facebook. Sally)



## Race report - BUPA Great North Run, 18th September 2011

As everyone will know, this is a mass participation half marathon which attracts a field of around 55,00 runners. I wasn't very keen to do it if I had to start in the middle of all the throng but Tom has done a lot of fundraising for Leukaemia & Lymphoma Research in the past, and because of this we were able to get places to run with their Celebrity running team. We stayed in the same hotel as them and enjoyed a buffet the night before the race with cast members of Emmerdale and other actors. Tom's friend, Tony Audenshaw who plays Bob Hope in Emmerdale was there. He is a member of Stockport Harriers and a "proper" runner who does a lot of fundraising for Leukaemia & Lymphoma Research. I have to admit, although lots of the faces were familiar, I was peering at one or two of them thinking "who on earth are you" and I am sure they were looking back at Tom and I thinking exactly the same thing.

We were given our numbers along with V.I.P. wristbands (I felt a fraud!) in the hotel reception and then travelled to the start in style on the team coach. The "celebrities" get their own starting area at the front and are allowed to wander in and out of it so we could watch the elites warming up and the start of the elite ladies race. We also got our own loos which was good although I did feel a bit uncomfortable when poor Nell McAndrew used the same loo Tom had just been in. The race starts on a dual carriageway and the elite men start at one side of the carriageway and the celebrities at the front of the other so when the race started, Tom led out our side of the road and was running on his own until the two sides of the carriageway merged.

The course is not very inspiring, being mostly on a dual carriageway, and not exactly scenic but there was lots of support along the route. Overall, the course profile is slightly downhill as the finish at South Shields is lower down than the start. However, it seems as if you get all the downhill in one very short sharp descent to the seafront and the uphill, whilst not very steep, seems to go on forever.

I messed up my Garmin at the start and didn't set it going properly until I had passed the first mile marker so I wasn't sure what my overall time was until I got to the finish. I ran 1:28:04, going through 5k in 20:23 and 10k in 41:31 which made me 17<sup>th</sup> lady excluding the elites and 4<sup>th</sup> LV 40. Was a bit disappointed with the time as wanted to go quicker but still a PB so got to be happy with that.

Tom was a man on a mission and ran 1:19:46 going through 5k in 18:08 and 10k in 37:10. He crossed the finish line punching the air and was 120<sup>th</sup> man and 4<sup>th</sup> MV45. He has run a quicker half marathon (1:09) but that was quite a few years ago and before cancer so his 1:19:46 is a post cancer PB .

Our V.I.P. wristbands got us in to hospitality tent afterwards where we enjoyed food (just pudding and cake for me but Tom had a full on big dinner) and drink and the poshest portaloos I have ever seen. We really enjoyed watching the Red Arrows who gave a display and then back on board the team bus to the hotel with motorbike escort.

According to the results, other DDTs who ran were:-

Trystan Loades 1:43:50

Stephen Warner 2:01:51

Karen Clay 2:11:02

Sue Levinson 2:24:47

Nichola

Photos from Stephen..before & after  
GNR

....not sure why Julie isn't in the results  
as she is in the photos!?



### **Hope Moors & Tors – 20.0 Miles/3700' (BL) – 02/10/2011**

Starting out from Hope, this really enjoyable run took us along fields and paths into Castleton, then onto a climb up past Peveril Castle. Further paths along Cave Dale before turning right on bridleways took us to where the race started proper, with the ascent of Mam Tor. After descending to Hollins Cross, a sharp left took us down towards Edale, where after dishing in at the checkpoint and taking on drinks at the main car park, a long arduous climb to the top of Grindsbrook ensued. A right turn took us on the Edale Skyline route, to take in spectacular views as we skirted around Nether Tor, Ringing Roger and the top of Ollerbrook Clough. Continuing along the edge path eventually took us on a descent via Crookstone Hill, before swinging right again towards Edale village, via Jagers Clough.

By this time the very warm and humid conditions had turned to hot and sunny, which combined with the 16 miles or so covered by this stage had begun to take its toll. From here the long ascent to the summit of Lose Hill began, past Backtor Farm, back up to Hollins Cross, then turning left for the final push along the ridge up to the summit. It was pretty much all down hill from here for the last 2 miles or so, with a nice grassy descent back down towards Edale Road near Townhead Bridge. What then seemed an interminable section on the road (probably only a mile or so, but sore legs and feet clouded accurate judgement) thankfully gave way to a series of short sections over paths, fields and stiles on the last half-mile or so back to the finish in Hope.

Both of us managed to finish in the top half of the field (Jo being 3<sup>rd</sup> LV 40) in a nicely organised event, although you had to work hard for the pleasures. Good to receive encouragement from several DDT'ers along the route who appeared to be squeezing the last drops out of the summer, enjoying the warm sunny conditions. One of Charlotte's daughters (I can't remember which one) was even sporting a DDT vest when they greeted us at the summit of Mam Tor. I must admit, my first thoughts were "cor, she's running well, I didn't even know she was doing it!". Perhaps to avoid confusing divvies like me in future, we should perhaps ask our supporters to paint their faces white and green instead – but it was a really nice gesture, all the same.

1	Kevin Perry	MV50		03:09:27
18	Clare McKeown	LV40 (1 <sup>st</sup> L)		03:49:13
44	Richard Howard	MV40	DDT	04:08:28
45	Jo Worboys-Hodgson	LV40 (3 <sup>rd</sup> LV40)	DDT	04:08:32
100	Final Finisher			06:07:05

### Cross Country 1 – Nunroyd Park, Guiseley. 9 October

#### Mens

44	Ross McClelland	M35	DDT	34:40
101	Tom McNally	M40	DDT	37:37
155	Phil Ellis	M35	DDT	40:43
160	Mick Collinson		M50 DDT	41:18
190	Richard Bradley	M40	DDT	44:09
201	Peter Frankland	SM	DDT	45:36
219	Pete Andrews		M60 DDT	1:00:12

19<sup>th</sup> Mens Team

### Holmfirth 15m - 30 October 2011

<u>Position</u>	<u>Name</u>		<u>Cat</u>	<u>Club</u>	<u>Pace</u>	<u>Time</u>
1	Andi	Jones	M	Salford Harriers & AC	05:16	01:19:04
28	Donna	Edmondsonbooker	F	Idle AC	06:45	01:41:17
77	Philip	Ellis	M	Denby Dale Travellers	07:35	01:53:39
114	Joanne	Worboys-Hodgson	F40	Denby Dale Travellers	08:07	02:01:42
146	Graham	Guest	M	Denby Dale Travellers	08:58	02:14:30
179	Anastasia	Lincoln	F55	Idle AC	12:46	03:11:37

Only three DD Travellers did the Holmfirth 15 this year. It's a tough two lap course starting and finishing at Holmfirth High School which is at the top of a big hill. The first lap was very hard as all the time I was thinking that I will have to do it all again on the second lap. Once on the second lap I started to feel better and plodded my way to the finish. Graham

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**Holmfirth 15 Photos**  
**Stuart Walton**



**Phil, Graham & Jo**  
**In action**



## UKA British Fell & Hill Relay Championship - 15th Oct

Kettlewell was cloaked in a chill low lying mist as the sleepy village began to stir on Sat 15<sup>th</sup> October. Slowly almost 1,100 runners from all over the UK started to quietly descend on the event field. The early morning sun soon burnt off the mist to reveal a beautiful warm autumnal day.

The event was impeccably organised by Bingley Harriers with support from mountain rescue and many locals. There were 182 teams comprising 6 runners for the 4 legs; many were hardened fell runners others were less so! DDT had registered a ladies and men's team with usual last minute panics and tweaks!

	<b>Leg 1</b> <b>Leg 1</b>	<b>Leg 2</b> <b>Leg 2</b>	<b>Leg 3</b> <b>Leg 3</b>	<b>Leg 4</b> <b>Leg 4</b>
<b>Men's</b> <b>Men's</b>	Simon Browne Simon Browne	Ralph Barker & Phil Barker &	Steve Blackford & Dave Gill Steve Blackford & Dave Gill	Richard Howard Richard Howard
<b>Ladies</b> <b>Ladies</b>	Anne Middleton Anne Middleton	Jan Yates & Christine Blackford	Jo Worboys – Hodgson & Charlotte Jo Worboys – Hodgson & Charlotte Coleman	Rosalind Bedford Rosalind Bedford

The routes were slight variations on those reced, taking advantage of private land negotiations. Before each leg competitors had to go through strict kit and dibber checks (with no relaxation for the fine weather) and then entered a holding / warm up pen.

Leg 1 runners were led out to the village maypole for a massed start at 10am. The route (4.5m / 1100ft ascent) was well marked but rather than sticking to footpaths or sheep tracks took advantage of kind permission from the landowner to climb vertically up the hillside, whilst being serenaded by a kilted man playing bagpipes! There was little scope for running at this stage, more a case of climbing on all fours whilst gasping for breath. After reaching a checkpoint on top of the ridge there was a welcome flat section before a vertical descent to test out if you really were a fit and fearless fell runner. With much relief runners returned to the village only to find that one had to climb partly up the opposite valley side before a steep descent into the event field. This added to the spectacle for onlookers but was a cruel sting in the tail for runners. Simon finished in a good time and with sufficient energy to cycle all the way home!

Metaphorical batons were handed over to Ralph & Phil and Jan & Christine for Leg 2 (9m / 2,500 ft ascent) which turned out to be challenging but well flagged. Some runners returned spectacularly muddy. Our teams both returned in good times, helping to ensure that Leg 3 and 4 runners had someone to follow.

There was a nervous start to leg 3 – navigation (allegedly 7m / 1550 ft ascent) when Dave left it to the very last minute to arrive and there was confusion over the need to go to checkpoints in the correct order prompting an announcement in the event field! It was a little disheartening to realise that the leading men's team was setting off on Leg 4 as Jo and Co started Leg 3. The route led along a narrow gorge before competitors were given a map, necessitating quick thinking on the hoof. The good weather meant that there was little need for compass skills to find the 7 checkpoints although wellies and water-wings would have helped. The terrain and landscape below Gt Whernside made for a challenging run. Jo did a sterling job encouraging a weary partner around the course.

Richard and Rosalind both set off for Leg 4 (5.5m / 1600ft ascent) ahead of the massed start, climbing up to Gt Whernside trig and returning well before prize giving.

Whilst there was little chance of our teams winning any prizes we were content to have taken part in a major event in the FRA calendar on a beautiful day.

Thank you to Richard who persuaded us all that this really was a good idea!

1 <sup>st</sup>	Dark Peak Men's Open	3:23:50
55 <sup>th</sup>	Bingley Ladies	4:18:12
114 <sup>th</sup>	DDT Men's	4:55:17
177 <sup>th</sup>	DDT Ladies **	6:00:58
Last		7:00:07

\*\*



we

finish 17 minutes ahead of Penistone Ladies!!



but did

## Amsterdam Half Marathon 16 Oct 2011

On the 16th October, Amsterdam hosted a full Marathon, Half Marathon, 8K race plus various fun runs for children. My friend Cass and I plumped for the half....we felt that the full marathon would mean we would be too anxious about the race to enjoy a well earned weekend abroad and 8K isn't really a good enough excuse to leave the UK for!

We chose well and were not disappointed with the city or the event. Getting around is very easy and you can buy a 3 day travel pass for under 15 euro which gives you unlimited use of the trams and underground. We had no problems finding our way around, despite the unpronounceable names of the streets and areas of the city. We collected our race numbers when we arrived on Friday which left us all day Saturday for sight seeing. We were both very excited to discover that our race numbers had our name printed on them!

On Sunday we had a relaxed start to the day as the half doesn't start til 13:30 in the afternoon. The race was nice and flat as you would expect it to be and finished in the stadium which added to the atmosphere. I finished respectably in 1:53:20 and Cass matched her PB exactly to the second (1:45:35), she would obviously have been happier to knock a second off but we both enjoyed the race.

After the race we got the train back to our hotel had a quick change & then headed for the airport where we enjoyed a meal and a celebratory drink before flying back to Manchester.

I would definitely recommend Amsterdam to anyone who fancies combining a weekend away with a race.

Here we are before the race

Sally



### Selby (Wistow) 10 miles, 23 October 2011

1	Ian Fisher	M40	Otley	54:07	
17	Tom McNally	M40	DDT	1:02:52	3 <sup>rd</sup> M40
36	Pauline Griffin	F	Barnsley	1:08:22	1 <sup>st</sup> Lady
46	Nichola Sykes	F35	DDT	1:09:44	1 <sup>st</sup> L35
50	Mick Collinson	M50	DDT	1:10:25	
158	Pete Andrews	M60		1:42:02	
172	Last			2:17:02	

This race was in the DDT road race championship

### Cross Country 29 October, York

52	Ross McClelland	38:22	M35	DDT
113	Ralph Barker	41:57	M55	DDT
138	Pete Frankland	44:01	SM	DDT
151	Mick Collinson	45:03	M50	DDT
165	Stewart Yates	47:30	M50	DDT
170	Richard Bradley	47:53	M40	DDT
192	Pete Andrews	1:04:21	M60	DDT

15<sup>th</sup> Men's Team

### Worksop Half Marathon 30<sup>th</sup> October 2011

1	Stuart Spencer	M	Barr	1:09:21	
42	Kelly Crickmore	F	Chester Tri	1:21:24	1 <sup>st</sup> Lady
226	Bridget Coomber	F45	DDT	1:33:48	
1409	Richard Bradley	M40	DDT	2:05:23	
1936	Last			3:07:55	

DENBY DALE TRAVELLERS  
PRESENT  
**THE**  
**TRAVELLERS 6**  
SUNDAY 18 DECEMBER 2011  
10.30am Start



Due to the popularity of the race, there will be an entry limit of 300 runners so enter early to avoid disappointment. Entries accepted on the day at Denby Dale Pie Hall from 9.30am only if race limit is not reached. Numbers issued for the 2010 race (which was cancelled due to snow) are valid this year - see our web site for a list of the 2010 entries which have been carried over and updates on whether the limit has been reached yet

A challenging rural course of approximately 6 miles, starting from Denby Dale Pie Hall. The course will be the same as that used in 2008 and 2009. See our website for a course map. Prizes in the usual categories, including team prizes and best local runner.

**Entry fee: £3.50 for Club runners or £5.50 for unattached runners.**

Cheques Payable to: Denby Dale Travellers

Pre-entries with an SAE to: Sally Campbell, 2 Bank Lane, Denby Dale, Huddersfield, HD8 8QP.

Free sandwiches for runners after the race. Bar facilities available at the Pie Hall

*Under England Athletics laws - Permit applied for - For further information see our website:*

[www.denbydaletravellers.org.uk](http://www.denbydaletravellers.org.uk)

FULL NAME: .....	AGE on Race Day: .....
ADDRESS: .....	
CLUB: .....	GENDER: M/F.....
England Athletics Membership No (if applicable).....	
SIGNED:.....	DATE:.....

Runners entering the TRAVELLERS 6 ROAD RACE should be amateurs as defined by England Athletics laws and must certify that they are medically fit to run. Furthermore, they will be required to accept that the organizers will in no way be held responsible for any injury, illness or loss incurred to my person or property during, or as a result of the event.

# **RUNNER VERSUS BIKE**

**WEDNESDAY 28<sup>TH</sup>. DECEMBER 2011**

**DENBY DALE PIE HALL 11-00 HRS**

An event on country roads, paths and tracks in the area to the South of Denby Dale.



Running - around 10 km

Cycling - around 15 km

The route for both runners and cyclist will be as last year. Route maps and instructions will be provided on line.

It is not intended for this event to be a race. It is suitable for all abilities, but not road bikes.

There will be no entry fee or prizes, All Entrants will be expected to provide a raffle prize please.

The Pie Hall will be open to all for refreshments following the event.

Please bring any left over mince pies etc.

The event organiser is John Shone

E mail [john.shone@ses-holdings.co.uk](mailto:john.shone@ses-holdings.co.uk)

**Denby Dale Travellers AC**

Newsletter Editor:  
Sally Campbell  
2 Bank Lane, Denby Dale, HD8 8QP

Email: [salcampbell@live.co.uk](mailto:salcampbell@live.co.uk)

We're on the web at:  
[www.denbydaletravellers.org.uk](http://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')*

**Next Issue Jan/Feb 12**

Please let me have contributions by mid January

**Who's that nocturnal flying mammal?**

Spotted by Tony Sharpe while out on a bike ride

Any ideas?



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



*Merry Christmas & Happy New Year!*



**Whose that girl?**

Huddersfield Examiner readers may have spotted Charlotte last week.

To see the article online, go to

<http://www.examiner.co.uk/leisure-and-entertainment/2011/11/03/fashion-and-beauty-vegan-lifestyle-gives-me-so-much-energy-86081-29710066/>

**Travellers 6**

**Sunday 18 December**

We need marshalls, time keepers & help with refreshments

If you don't fancy running but can spare an hour or two to help out, please speak to Sally, Jegs or Simon to volunteer your services!