

LOCAL RACES

Cinamon Lodge Chase (Meltham - 6m off-road)	Wed 18 Aug	
Denis Stitt fell race (5m/850ft - Cartworth Moor cricket club)	Thurs 19 Aug	
Burnsall 10 and Burnsall Classic fell race	Sat 21 Aug	
Escrick 10k (off-road - nr York)	Sun 22 Aug	
Reindeer Romp (4 of 4) - 3m multi-terrain from The Reindeer, Overton	Thurs 26 Aug	
Chesterfield 10	Sun 29 Aug	
Spofforth Gala Trail Race (10k)	Mon 30 Aug	
Spencers Arms Dash - Barugh Green (last in series)	Wed 1 Sept	
Cross Keys Relay (1pm from the Cross Keys Inn, Uppermill)	Sat 4 Sept	
Stainland 7	Sun 5 Sept	
Ryedale 10 (Malton)	Sun 5 Sept	
Trunce 9 (last in series - 6.45 from Wagon and Horses, Oxspring)	Mon 6 Sept	
Deffer Dash 3 (last in the series from Deffer Wood)	Tues 7 Sept	
Penistone 10k	Sat 11 Sept	R
Sandal Castle 10k	Sun 12 Sept	
Silkstone Shuffle (race 3 of 4) 4.5m trail race	Sat 18 Sept	
Dearne Way Relay (10.00am from the Pie Hall - teams of 3)	Sun 19 Sept	
Whernside fell race (11.00am Church Bridge, Dent) BL 12.1m/2972ft	Sat 25 Sept	F
Cusworth 10k (nr Doncaster)	Sun 26 Sept	
Grin'n Bear It (16 or 23 mile fell run) from Crow Edge Community Centre	Sat 2 Oct	
Harwood House 10 mile trail race	Sun 3 Oct	
Rother Valley trail race	Sat 9 Oct	
Woodland Challenge (6m mainly off-road from Storthes Hall)	Sun 10 Oct	
Bridlington half marathon	Sun 17 Oct	
Selby 10	Sun 24 Oct	
Worksop half marathon	Sun 31 Oct	
Holmfirth 15	Sun 31 Oct	
Guy Fawkes 10 (Ripley)	Sun 31 Oct	R
DDT Road Championship - R		
DDT Fell Championship - F		

Guy Fawkes 10 - Sunday 31 October

On-line entry for this club championship race is currently available via the UK results web site. (<http://www.ukresults.net>). No paper entry forms available as yet.

Please note the Whernside fell race is on Saturday 25 September and not Saturday 18 September, as previously listed.

Andy Kirby
17-Aug-10

Dates for the Diary

Inbirchworth Duathlon – Tuesday 24 August meet at 6.30pm. The final away day of the summer is the Inbirchworth Duathlon. There is a 5.4km run followed by a 16.1km road cycle, which you can do either individually or with a partner in a relay. The race starts and finishes from The Fountain PH and the route is the same as last year. Meet 6.30pm for a 6.45pm start (to make sure everyone finishes in daylight). A map of the course is available on the Club web site (Club News page).

To avoid 'confusion' about the cycle route, there will be an easy paced ride around the course on Sunday 22 August. The peloton will roll-out at 2.30pm from The Fountain PH. Further details from Andy Kirby

Cross Keys Relay – 1pm, Saturday 4 September from the Cross Keys Inn, Uppermill, Saddleworth Fell captain Richard Howard is keen that we are well represented in this race. There are 2 x 3 mile hilly road legs and 2 x 2.5 mile fell legs. Entry fee is £10 per team of 4 runners. The organisers ask that runners come equipped with full body cover!

Dearne Way Relay – 10.00am from The Pie Hall. This race will provide ideal preparation for those targeting the cross country events later in the year, whilst also being ideal for those who fancy a more easy paced run with their pals. There are 3 legs, each of about 6 miles. Leg 1 is from the Pie Hall to West Breetton. Leg 2 is the return to the Pie Hall and the final leg is to Birdsedge and back. Maps of the course are available on the Club web site, or see Pete Andrews for further details.

West Yorkshire Cross Country League 2010. Yes, it's nearly that time of year again. The cross-country season is nearly upon us. The WYXCL races are as follows:

Race 1 – Sun 10 October – Nunroyd Park, Guiseley

Race 2 – Sat 30 October – Huddersfield (to be finalised)

Race 3 – Sat 20 November – Bramley Park, Pudsey

Race 4 – 4/5 December – Thornes Park, Wakefield

If you would like to take part in the Cross Country races, please contact Ross McClelland/Pete Andrews or Jan Yates/Bronwyn Morris for further details.