

### Huge gathering for the 40th Anniversary & Annual Club Presentation Night



It was a great night celebrating 40 years of Keighley and Craven the other Saturday. We welcomed members new and old, including 'founding fathers', ex chairmans, club legends and some of the future of the club. It was also our presentation night, very well done to everyone who won an award! We hope next year, even more of you will come along as the presentation is for everyone, a chance to see old faces and make new friends. In the morning, plenty of 'the hoops' were running around Cliffe Castle parkrun, with a huge turnout of green, white and red.



***Some photos from the evening do...***



### Greta Hindle and Greta Walker...

Great work by Richard Hindle and Nick Walker, who both spent a cold day planting 117 trees on the hill top between Addingham and Silsden for the Addingham Environment Group. Pictured to the right, wearing their bright and colourful KCAC hats. More tree planting is planned for March, contact Richard on Facebook for more info.



# Junior Race News



## Success at Northern XC Champs

Fantastic running by the KCAC U17 boys who were third team at the Northern Cross Country Championships.

## 400m u20 Record

Lizzie R (u20w) ran 63.30s over 400m RJT Indoor Meet in Sheffield. Well done on your club record, Lizzie.

## PECO - Roundhay Park

PECO - Roundhay Park - 9th Feb 2025

Brilliant running from our fantastic 11 today!

The age-group results haven't been published yet so we haven't got the full sub-category results.

Fin - 4th boy - 6:59

Hugo - 5th (1st U9) - 7:00

Billy - 6th (2nd U9) - 7:01

Robyn - 5th girl - 7:22

Annabel - 8th girl (1st U9) - 7:34

Ronnie - 23rd - 7:42

Felix - 32nd - 7:57

Amelia - 32nd girl - 8:35

Raffy - 15th boy - 12:49

Olivia - 3rd girl (1st in age I think) - 13:14

Alex - 54th - 17:52



## School XC, Race 3 at Cliffe Castle

We had around 50 KCAC juniors racing hard whilst representing their schools on home soil yesterday! Results below (I'm sure there are some missing from this - please add a comment to tell us how others did).

There were lots of medals won across the event. In the secondary school races, there was a notable 1,2,3 in the Yr 7-8 girls from Alice, Maisie and Olivia, and a great win from Joseph in the Yr 7-8 boys. Alice collected silver and William a bronze!

In the primary school races, Anna and Annabel R were clear winners in their races, Frankie battled hard but had to settle for silver and Sophie showed great consistency with bronze. The most exciting race came from the Year 3-4 Boys, with Billy taking the win this time, holding off the threat from Hugo right behind him.

Well done to everyone on your performances!

Year 3-4 Girls	Year 5-6 Girls	Year 7-8 Girls	Year 9-13 Girls
1 Annabel R	1 Anna	1 Alice	2 Alice
3 Sophie	5 Amelia	2 Maisie	
4 Scarlett S	8 Florence	3 Olivia	
7 Ruby	11 Annabel C	21 Scarlett	
9 Esme	14 Kara		
14 Ava	16 Annabel T		
31 Alicia	17 Nicole		
48 Aria	21 Aravon		
75 Ivy	19 Phoebe		

Year 3-4 Boys	Year 5-6 Boys	Year 7-8 Boys	Year 9-13 Boys
1 Billy	2 Frankie	1 Joseph	3 William
2 Hugo	5 Luca	6 Raffy	17 Jacob
4 Ronnie	7 Thomas	13 Dylan	24 Joe
7 Tommy	9 Nic	25 Reuben	27 Sam
12 Felix	12 Alfie	45 Henry	
15 Austin	14 Alex		
20 Tobias	19 Freddie		
48 Joshua	22 Tommy		
	24 Harvey		
	30 Ezra		

# Senior Race News



## Strong Performances to start the year for Team Raven

Well done to Emma and James Raven who won the Yorkshire Masters this past weekend with 3000m times of 10.32 & 9.58 respectively. Emma is also British Masters Indoor Champion after a fantastic race.

James proudly made his debut representing Wales (+ KCAC via his socks) at the masters inter area challenge in London, finishing 5th in the 800m in 2:17! Emma also competed, for the North of England (+ KCAC via her socks), in the 1500 clocking 4:56

## First Club Champs Race

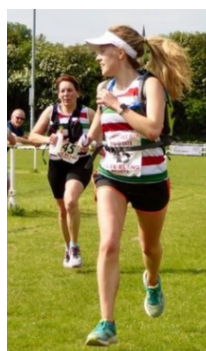
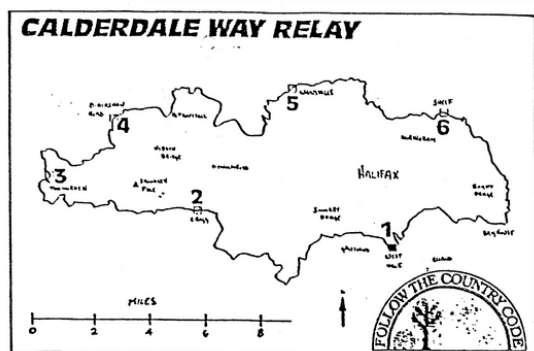
A few Hoops gathered for the first Club Championship race of the year, Hoofstones Fell Race. Ayan rang strongly for second woman overall. You can enter the upcoming road/fell ones with the links in the below.



## Great Start to the Fell Season

So far this year, we've had a great start to the fell running season with plenty of hoops turning up for the Splash, Hoofstones, Runners vs Riders and Midgley Moor, this past weekend. Plenty of new members giving it a go - which is great to see!

# Calderdale Way Relay



This year is the 40th running of the Calderdale Way Relay, organised by Halifax Harriers. The 50 mile circular route was devised in 1974 and 1984 the first Calderdale Way Relay took place. The route was split it into 6 legs which are ran in in pairs. This popular, friendly event attracts all runners, from the highly competitive to those teams who just want to get round and take home the famous slate CWR coaster. Veterans of the relay will remember some wintery conditions as up until 2009 the relay was in December. But difficulties getting to changeover points and safety concerns for volunteers and runners prompted the move to May.



Keighley has had a longstanding presence in the relay, with both Keighley RR and HR first competing in 1989. KCAC first made an appearance in 1997 and a year later, entering both a men's and women's team. Ever since the event has been a firm fixture in the KCAC calendar and there have often been 5 or 6 teams.



There's something special about a team relay like the CWR. With such a long route, it seems strange to think you can run leg 1 and be back at home with your feet up before your team mates on leg 6 have even set off! Then you can all catch up later on to dissect the race over a pint in the Brown Cow (AKA leg 7). Whether you run with a familiar club mate or make new friend on your run there's always a sense of teamwork as you push yourselves to beat the cut off and hand the baton to the next pair.

Regardless of whether you made the cut off or where you came in the race you can be sure you will have had a good run out representing your club. We would love to continue the tradition and get a few teams in for the 40th CWR so if you fancy it please get in touch with Lorna Hubbard or Nick Walker. **The race this year is on 18th May.**

## Nick's Heart Op Recovery

Its early spring 2024 and I've collapsed on the floor of Cobbydale Forge Gym. Turns out I've got a very leaky heart valve and a lot of blood is being allowed to flow the wrong way. Severe mitral regurgitation is the medical term.

Fast forward to 6th Sept and I'm in LGI for open heart surgery. Lots of pain, sickness, hallucinations and mood swings followed after the op. The sickness was due to an infection and I had to have a second surgery to drain over 600ml of fluid that was on my chest.

The time since has been about pain management and getting my fitness and strength back. Short walks around the park at first, then gradually increasing the distance. It was great to get back training with KCAC. Just before Christmas, I did my first parkrun which then motivated me to enter a fell race.

25th Jan was Hoofstones fell race. First of the club champs races. Tough race and awful conditions. I wanted to quit after a mile, but knew I'd be cross with myself if I did. I finished near the back, but it didn't matter. First fell race completed. Success. Recently I completed Midgley moor fell race and saw an improvement.

I've had a lot of support from friends and family, so thank you to everyone at KCAC, Cobbydale Forge, Airedale hospital and LGI. Anything can be possible, don't give up...

*Words by Nick Walker*



# Charity Update For 2025

Later this week those of you who nominated a charity, will receive an email asking you to make a short word limited email, explaining why you think your nomination should be chosen as 2025 KCAC Charity of the Year. You will be given about one week to do this. We will then move to an all members vote on all the nominated charities. We apologise for the delay in getting this finalised, due to busy lives and other commitments. We will get there and no money for the chosen charity has been lost due to the delay.

Keighley Imagination Library. KCAC has been supporting this group since 2021. This years AGM endorsed the committee view that we continue that support at £25 a month for another year. I have been in touch with the local organisers and they have told me that as a result of their giving a book a month for a child from birth to age five in the Keighley area, 2,488 children/families, have benefited and graduated from the scheme. There are currently 1,467 children/families currently registered in Keighley and since the scheme launched in 2021 49,986 books have been mailed in Keighley. I think we should be proud of our contribution to Keighley Imagination Library.

## Junior Age Group Changes: Transition Plan



In January 2024, following a consultation process involving all Home Country Athletics Federations (HCAFs), UK Athletics' decision to approve changes to the current competition age groups was announced.

This means that the age groups in which young athletes compete will change from U13, U15, U17 and U20, as is currently the case, to U12, U14, U16, U18 and U20 from 1 April 2026.

The objectives of the age group changes are to:

- Simplify age group dates for all disciplines
- Support athletes in their long-term development
- Retain and recruit more young people in athletics
- Provide a clear, simplified pathway for all areas of the sport, from U10s - Seniors
- Provide better gradual progression for all athletics events
- And in creating an additional age group, better support age and stage appropriate competition formats & events

It's important to point out that the age group changes alone are not viewed as the sole answer to [the challenges we face as a sport in retaining and recruiting athletes](#) and are part of a wider approach to arresting participation decline and increasing the number of young people engaged in track and field particularly.

Ahead of the implementation of the new age groups, the HCAFs have been undertaking further consultation with the sport as well as convening a task group and [associated sub groups](#) to ensure a smooth transition.

The key objective of phase one of the implementation process was to establish clear principles around the transition and to establish the key technical aspects of the change. For more information see the England athletics website. [Link here.](#)

# An Evening with Jasmin Paris

As some club members are aware, we are very fortunate to have Jasmin Paris giving a presentation to us after the Haworth Hobble regards her spectacular achievements as one of the greatest ultra runners in history and certainly the most inspirational. We have very limited places left as we are keeping some back for Hobble competitors as well so you will need to be quick. We have done advance sales to our Juniors and club volunteers (apologies if we missed anybody and please sign up now). In particular, we are still very keen to see Juniors sign up as Jasmin loves to inspire future generations and we guarantee all the front seats and first questions will go to our Juniors. The presentation will be suitable for all ages but particularly 12 years upwards as a guide. Depending on take up, you may go on to waiting list - this is because we have so few places available so if system takes you to this, then we may not be able to squeeze you in but will do our best.



Sign up now: [https://www.sientries.co.uk/event.php?event\\_id=14998](https://www.sientries.co.uk/event.php?event_id=14998)

## Northern Qualifiers for National Road Relays

If anybody is interesting in taking part in national road relays northern qualifiers, please contact Callum James or Lorna Hubbard. We're looking for a team of 12 and collecting names to put into the team. **Race day is 30th March in Redcar, 12.30 start time.**

## Volunteers Needed for Haworth Hobble

The next Haworth Hobble is Saturday 8th March. Please consider helping out on the biggest event hosted by KCAC with over 1000 people entered. Help is needed at race HQ (Haworth Primary School), at the start, finish, across feed stations and with setting/clearing up.

All volunteers will get fed and watered along with a lovely Hobble top. For more info or if you're wanting to help, please contact Gary Chapman.

## Upcoming Club Championship Races

Coniston 14 : Saturday 29th March (Road). Enter here: <https://shorturl.at/a06Da>

## Club Training Plan For Feb/Mar

### Group 3 Tuesday Track Sessions

18/02/25 – 4 x 1km (200m)

25/02/25 – 3-4 x 300/200/200/300m (100m between reps, 200m between sets)

04/03/25 – 6 x 800m (200m)

11/03/25 – Pyramid 2/4/6/8/6/4/2