

John's Retirement from Weekly Coaching



John's final session as a KCAC coach took place at the end of December 2025 in Aireville Park, Skipton. It was fitting that it was a small training group on a cold grey morning and summed up the life of a committed coach who has turned up week in week out for so many years. While that epitomised the typical coach's day, he deserved a far better send-off and so we persuaded him to return one Tuesday evening at the start of April for a more formal presentation. Although Usain Bolt was unable to attend in person, John was presented with a signed photo of Usain from London 2012 which turned out to be an ideal gift as John told the story of how he'd also run down the home straight of the Olympic track in Bolt's lane.

John has had a huge impact on local athletics in multiple roles for far longer than I'm aware. Hopefully this has already prompted someone with far more extensive historical knowledge to decide that a further article is required. Although John has retired from regular coaching, having put so much effort into the club over so many years, he remains invested in its ongoing success so we look forward to crossing paths and hearing his words of wisdom.

Words by Alan Buckley

Junior Race News



Guiseley Gallop 10k

Great running by Maisey Bellwood who won the Guiseley Gallop 10k Trail race.



Northern 5k Road Relays

1st for U17 girls and 2nd for U17 boys.

Three Peaks Junior Fell Races

A big congratulations to all who took part in the inaugural Junior Three Peaks races. Well done to Alice White who won the U14s race and Will Parker who came a fantastic 3rd boy. Olivia Stone, finished second in the U12s.



Duddon Dash Fell Race

Well done to Billy White who won the U11's at the Duddon Dash Fell Race today. Maisie Oddy, Izzy Wright and Archie Peaker also ran strongly.



Rivington Pike

Hugo won the U12s race at Rivington Pike with a very strong run. He came 6th in the race last year so a big improvement. Maisie finished 2nd in the U15s race - well done to all who ran!

Introductory Fell Race at Cliffe Castle

What a fab evening we had at the latest Club Championship race, an introductory fell race at Cliffe Castle. 70 juniors from Year 2 to Year 7 were involved, with fantastic racing across the board. Once parent said it was a great community, which is what KCAC is! Thanks to all the parents and coaches who helped put on the event.



West Yorkshire Track and Field League

More track and field records fell. Sunday 13th was the opening event in the West Yorkshire Track and Field league. Six juniors took part with some really good opening performances. Eshan and Norah both achieved club records in their hurdle events, before Norah went for 200m and Eshan did the 100m. Sophia, Lizzie, Alice and Nyla all competed in the 200m with Sophia equalling her PB, then to finish Alice and Lizzie did 800m, with Lizzie achieving another club record (to add to the 400m she set the week before). Well done to all and it bodes very well for the rest of the season.



Keighley 5k & 10k

Plenty of juniors at the Keighley 5k and 10k races. Raffy Schofield and Olivia Stones won the 5k.

Senior Race News



English Fell Champs

Great running by Louis, Maggie, Jack and Hinda at the latest round of the English Fell Running Championships at the Newlads Memorial!

£100 win for Pete Smith

Pete Smith finished in 100th position at the Pendle Hill Fell Race and won a £100 Pete Bland voucher.



Huge turnout at the Bunny Runs

Well done to all who took part in the Bunny Runs and Relays. Congratulations to Hinda on winning the solo 'relay' and to Ian Willis and Carl Pedley for first in their age categories.

Rapid 10,000m for Joe Hudson

Super speedy Joe Hudson clocks a 28:23 10k on the track, running for Boise State University in America.

5	Joe Hudson Boise State	28:23.68	1:12.40	2:21.87 1:09.48
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Rob's Club Championship Update

Congrats to Carl Pedley who was not only first Over 60 at the Bunny Run last night, but also won his age category overall for the whole series. A massive improvement on his 4th place last year. Even more amazing is that it was his 467th race this year, having run Cliffe Castle parkrun in a PB, three 10K races, the Brisbane Half marathon, and the Marathon des Sables all last weekend.

After his first place in the Over 50s last night, Ian Willis was first in the series too. The club fell championships have been updated as a result of last night's Bunny Run. Hinda and Lorna Hubbard lead the way in the women's championship, while there's a right queue just waiting to overhaul Nick Walker at the top of the men's leaderboard!

Full updated club championship results and schedule can be found on the [KCAC website](#)!

Millennium Way Relay - Call for Runners

Teams are being put together for the Millennium Way Relay on Sunday 9th June - the circular route starts and finishes in Bingley. It's suitable for anybody varying ability and off road experience (mix of mild trail, paths and road). The full course is on the [Saltaire Striders website](#).

If you're interested in running a leg, please contact Lorna or Nick for more information.

KCAC - Thank You from Manorlands

The club has received heartfelt thanks from Manorlands for our support for the Sue Ryder Keighley 10k & 5k which took place on 30th March. Four members of the club volunteered as Marshals for the day and were integral in the event's success. 41 KCAC runners took place in the events as runners and were part of the huge fields that ran and raised £36,400 for Sue Ryder Manorlands Hospice, a figure which is slightly higher than the amount raised for 2024. They said "although we were spared the torrential rain of last year, we know that the strong wind made for difficult conditions this year, but everyone dug in and there were some excellent performances. We hope your 41 runners enjoyed their morning and it was a great KCAC double winning both the men's and women's 5k." So well done to all the runners and especially Raffy Schofield and Olivia Stones who came first in the 5k.

Manorlands volunteer photographers around the route have shared their photos on the [Run for Manorlands facebook page](#).

If you want to support a Manorland's run in the future they have plenty going on. Some others that might be of interest include off road [Bronte Half Marathon](#) on 18th May, the 5 mile [Solstice Saunter](#) at Bolton Abbey on 21st June, and the 10 mile off road [Settle Loop](#) on 17th August.

Words by Helen Fuggle



Club Training Plan For March/April

Group 3 Tuesday Track Sessions

29/04/25 - 8 x 500m (200m)

06/05/25 - 3 x 600m/400m/200m (100m after the 6 & 4, 200m after the 2)

13/05/25 - 6 x 800m (200m)

20/05/25 - 16 x 200m (200m)

27/05/25 - 1km/6 x 300m/1km

Club Standards

Behind the scenes, many of us have been checking documentation and putting it together to achieve the Club Standards as laid out by England Athletics. Some of these are imperative in actually allowing the club to be a member of England Athletics and allowing you to compete. These range from checking constitution to checking coaches (somehow we had over 45 who said they were including at least 5 juniors) to Safeguarding. There are 7 in total, 5 are complete and 2 will be signed off (hopefully) at the next committee meeting (GDPR and inclusion).

As part of this though, there is the 'Codes of conduct', as part of the membership / renewal procedure, there is a request to read and tick that you have read the codes of conduct, there are different ones depending on your role in the club, whether a parent, coach, volunteer, athlete etc. Please ensure this is ticked as it is likely the club will be asked to follow up on all who have not ticked them.

You can read the [Codes of Conduct](#) on the KCAC website.

Welfare Conference & Update

I attended an England Athletics Child Welfare conference on 15th March, along with about 18 other welfare officers. Topics covered included:

- 1) 'Where we are now' – looking at different comments made by people in athletics clubs. The idea was to see where we were as a club ranging from proactive to inactive. Some of the statements were quite scary such as 'welfare doesn't concern me' and 'we have no welfare issues' to more positive ones 'I know who to talk to and regularly check' and 'my welfare officer is always around and is willing to listen'.
- 2) Grooming – first hand account from someone explaining how they were groomed and abused by someone who coached her. A real 'wow' of a session but not in a pleasant way.
- 3) What next and what are the issues arising?, Good level of open discussion as to what barriers the clubs are facing on all levels of welfare and inclusion but also opportunity to listen to how other clubs deal with some of them.

All in all a positive idea from England Athletics (this was a 'guinea pig' for the idea of welfare officers having regular conferences) and it should lead to further protection for our Young Athletes (who this conference was aimed for).

Welfare at KCAC has 2 welfare officers, myself and Camille Askins. Both of us are regularly around the club and can easily be found. But, sometimes things don't want to be said at first, there is also a club welfare phone (Nokia 3210), the number is 07443643764. There is a welfare specific email address, kcacwelfare@gmail.com, which is accessible to limited persons so will remain as confidential as possible.

Our aim as a club is to be as proactive as possible but welfare is a concern for everyone NOT just the welfare officers.

Words by Ian Lewis

First Aid Kits at Club Training

If any minor injuries occur on club training nights, there are now 4 first aid kits at the club. One is with Ian Lewis at sprint group, one with Andrew Jackson and his group and one with Alan Buckley and his group. The last will remain in the building near the foyer for adult run groups. At least one will always be at the track and one always in the building.

Jack Bloor Races & Fund

Jack Bloor Races are on the 13th May 2025 (from Ilkley).

Do you know about the Jack Bloor Fund?

The Jack Bloor fund is open for applications for people under the age of 26, to help improve your physical and/or technical skills in any recognised outdoor adventure sport (fell running, orienteering are all included). For more information: jackbloor.co.uk/fund/