

Newsletter 011

May 2025

Becoming a Run Leader



Since I started running back in 2013, I can honestly say my life improved in so many ways. As such, nothing makes me happier than seeing new faces taking up the sport, improving myself and helping people challenge themselves. Being a part of their running life, knowing how my life changed for the better. One evening after a run, it was suggested that I start the process to become a run leader which of course, I couldn't wait to do. One message on Facebook later and I had signed up to the course.

Like a dog with a bone, I completed the online assessments that weekend which included First Aid, Safeguarding in Athletics and Leadership in Running Fitness.

Once done, two short videos demonstrating a warmup routine and a main session were needed to upload. A big thank you to Kim Shaw for helping sign off on this and the rest of the group, you were amazing. The videos were then uploaded and all that remained was my DBS. After a little wait, I finally received confirmation that everything was now complete, and I would receive my run leader license, shortly.

I am so excited and very much look forward to taking you out for a run on Tuesdays and Thursdays, and more importantly, being a part of your running journey as a KCAC run leader.

Words by Craig Whale

The Baked Potato Round

The Baked Potato Round is part of this year's Extreme Club Championships. It's a do-anytime, round which can be completed in any order, as long as you hit the required check points.

If you're interested or want more info, head over to: kcac.co.uk/baked-potato-round/ to find out more. We'd love to get plenty of attempts and there will be leader boards for runs, walks and cycle attempts. (full map on website).



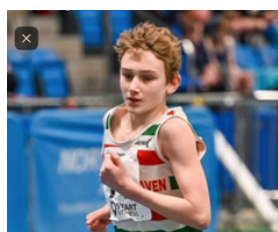
Junior Race News

London Mini Marathon

On the 26th April 2025, the day before the London marathon, there was a junior mini marathon, which was 2.6km. Maisey Bellwood, William Oakden, Ewen Wilkingson and Maisie Oddy all took part. All the juniors ran amazingly. William was 38th in a time of 8.06 and 3rd Yorkshire boy. Maisie was 41st in her age group,. Maisey Bellwood's was a superb 13th in 8.42. Ewen Wilkingson ran well and finished 48th in a time of 7.42.



Thank you as ever to all the coaches who were there to put them through their paces, show them the route and discuss their race approach. One of my favourite moments was looking down at the field and seeing them all warming up together in a long line of red, white and green hoops! Thanks Dave and Eileen Woodhead for the great photo.



800m Yorkshire Champion

A huge congratulations from all at KCAC to Joseph Preston who became Yorkshire U13 800m champion.



Coiners Fell Race

Coiner's Fell Race, incorporating the Yorkshire Junior Fell Champs!

Some fantastic running from a massive turn out of 57 juniors, aged from 6 to 18! (Last year we 'only' had 40 racing). Big congratulations to Tommy Arlie setting a new U9 record with time of 4.22, knocking 6 seconds of the original.

And a special well done to Pearl, William, Maia, Ruby and Beau, who raced their first fell race today, picking a nice and tough one!

Kildwick Fell Race

The latest round of our Junior Club Championships took place at Kildwick Fell Race. An incredible 58 juniors ran their hearts out over the various age categories. KCAC took home 17 of the 24 medals on offer, including clean sweeps in the U9 boys, U11 girls, U11 boys and U13 boys!

2025 Yorkshire Junior Fell Running Championships The medallists from Monday 5 th May Coiners Fell Races Sponsored by Byram Construction Ltd www.byram.co.uk			
	GOLD	SILVER	BRONZE
GU13	Harriet Carter Bingley Harriers	Bella – Maria Minichello Dark Peak Fell Runners	Olivia Stones Keighley & Craven AC
BU13	Calum McGoldrick Settle Harriers	Ralph Emsley Bingley Harriers	Michael Moore Ilkley Harriers
GU15	Mia McGoldrick Settle Harriers	Alice May White Keighley & Craven AC	Maisie Oddy Keighley & Craven AC
BU15	Robert Carter Bingley Harriers	Archie Cole Settle Harriers	Charlie Porteous Bingley Harriers
WU17	Clara McKee Calder Valley Fell Runners	Polly Foxall Dark Peak Fell Runners	Bethan Buckley Keighley & Craven AC
BU17	Joseph Benthall Ilkley Harriers	Josh Casey Halifax Harriers	James Bastow City of York AC
WU19	Graihagh Turner Penistone Footpath Runners	Izzy-Mai Wilson Dark Peak Fell Runners	Katie Buckley Keighley & Craven AC
MU19	Thomas McKee Calder Valley Fell Runners	Oscar Shinn Ilkley Harriers	George Whittlestone Ilkley Harriers
Yorkshire non championship races, due to FRA rules – Chocolate prizes awarded			
GU9	Scarlett Stokes Keighley & Craven AC	Harlie Bradley Keighley & Craven AC	Grace Keene Valley Striders
BU9	Tommy Arlie Keighley & Craven AC	Samuel Milner Keighley & Craven AC	Archie Hallworth Ilkley Harriers
GU11	Annabel Raven Keighley & Craven AC	Isobel Moore Ilkley Harriers	Olivia Pedley Bingley Harriers
BU11	Hugo Baldwin Keighley & Craven AC	Billy White Keighley & Craven AC	Luca Holliday Keighley & Craven AC

Senior Race News



British Masters Results

A huge congratulations to KCAC coaching duo Emma and James Raven who have both won a medal. Emma won the miles in a time of 5.23. James came third in the 10,000m championship in just over 36 minutes.

Coiners Fell Race

Strong performances by the women at Coiners Fell Race, finishing 3rd, 5th and 6th. Plus a mixed team prize!



Pendle Cloughs

Well done to Time, Lorna and Hinda for running Pendle Cloughs. Big kudos for Hinda, for winning the women's race.



Calderdale Way Relay

Well done to all the seniors who ran the Calderdale Relay a few weeks ago. Lots of smiling faces and fantastic running by all.



Local Fell Races

KCAC have shown strong turnout across many local races in May, including Kildwick, Lothersdale, Dick Hudson's and Ilkley Trail. Thanks goes to Tim Whitehead and Ian Lewis for organising two fantastic evenings (picture to the left of some of our happy volunteers).



London Marathon Club

At last month's London Marathon, Benedict and Gary took their total London appearances to 45 between them. Gary is on 26 and Benedict on 19. Both are targeting at least 30 London Marathons each.



The Jungle Book

On the 1st June, Gary Chapman starts a jungle ultra marathon in Peru. Gary will be battling super-hot conditions and will be facing potential snake bites, infection and tropical viruses. We wish Gary the best of luck in the latest of his adventures!

Dick's Ultra Adventure

Congratulations from all at KCAC to Dick Ballantine for reaching the most northerly point of Scotland on a 250 mile race across the western Highlands from Fort William. The Cape Wrath Ultra is 250 miles in the remotest spots of the UK. Sadly Dick picked up an injury requiring him to miss small section of the course whilst treated by race medics. However he continued the following day and still smashed out over 200 miles over the event. An inspiration to everyone who is beyond their 60th birthday and hopefully encouraging all of us that age is no barrier.



The Fellsman 2025

A fell race not for the faint-hearted, consisting of 62 miles of rugged moorland with over 12,000ft of elevation. It is classed as a point to point race with runners making their own way to each of the 28 check points, starting at Ingleton and ending in Grassington. What it lacks in actual paths it makes up for, in abundance, with stunning views and challenging terrain.

Myself and Sue Straw had entered the Fellsman with the intention of using it as hard training miles for future races and it didn't disappoint. As ever with this type of race the kit is extensive but essential and well thought out with the organisation at registration seamless. The start of most fell races is usually well planned to ensure there is a steep climb from the get go and the Fellsman is no different. The first 12 miles includes Ingleborough, Wharfedale then Gargrave, followed by some serious bogs then another climb up Great Coum. The steep decent into Dent at 20 miles feels relatively easy, until you realise that whilst your calf muscles have taken a quick breather, once you finally hit the valley bottom your quads are on fire.

The next climb is Blea Moor, certainly not the biggest climb but a drag of nearly four miles most of which consists of tussocks, more bogs and false summits. Local knowledge is key here, knowing which line to take when everything looks the same can really gain you an advantage. For me looking back this was one of my less successful parts with my Strava line showing a haphazard traverse up towards the checkpoint. Stonehouses next with a feed station to muster the most weary runner. Hot food, cold food, drinks galore with marshals and volunteers all dressed as escaped convicts, what's not to like? But as ever time is of the essence there was no hanging around. The next climb is Great Knottberry, it's an out and back which I find hard going, I get bored easily! One of my race rules that I rigorously stick too is no looking back over my shoulder, I don't want to know who's behind me. Odd but it works for me. However this time it worked in my favour as on my way back down Great Knottberry I saw Sue on her way up to the checkpoint and looking strong. Sue had been struggling with a tooth infection and a foot injury from the start but looked like she had managed to sort the issues and looked back to her usual self again.

The next 7 miles are hard on the legs, decent tracks are few and far between until you reach Cam High Road, a familiar section of the Pennine Way. The relative comfort of Cam High Road didn't last long though, with Dodd Fell climb coming next. Once at the top the summit flattens out for around a quarter of a mile before the decent to Fleet Moss. At this point, if it's still light, you can usually see other runners who are in front. I found it a little surreal watching people running amok over the moors going off in all directions trying to find the best line to get to the other side.

Fleet Moss feed station is next, another oasis of warm tents, chairs, food and general good cheer. Not that I lingered, instead I picked up some sliced apple, filled my water flasks and set off down to Yockenthwaite, over four miles of road, not what you'd expect from a fell race and possibly my least favourite part, or so I thought. I ran with a group of fellas who kept a steady pace and even steadier banter going, thankfully the section wasn't as bad as I thought it would be.

Of course after every down there's got to be an up and oh boy was there an up. The climb out of Yockenthwaite was relentless. You are at the 40 mile marker with tired legs looking up at a climb that is both steep and unforgiving underfoot. But as luck would have it I had the pleasure of listening to a fellow runner cuss and I mean cuss the whole way up. Her Irish charm knew no bounds when it came to venting, it was a joy to listen to a master class of totally inappropriate language and just like that I was at the top. Had I enough breath left in me I would have thanked her for the company.

Next climb was Buckden Pike, the race just kept on giving! By the time I'd reached the top it was getting dark, I wasn't exactly sure what time it was as I never check when I'm racing, yet another odd habit I have. Headtorch went on as did another layer for warmth, the temperature felt like it was dropping quite a bit. The miles from Buckden to the next checkpoint at the bottom of Great Whernside went well. I wouldn't say I had happy feet but they were still moving and keeping a good pace. I kept expecting Sue to put in an appearance at any time, I've seen her in worse conditions in the middle of races but she never gives in. What I didn't know is that she had called it a day 45 miles in. She wasn't able to keep food or fluids down and was in a bad way. Given that she still had a hard 17 miles left to do it was the right call, not one that she was happy about though. No one wants a DNF against their race number but it happens to the best of us.

Great Whernside in the dark is marginally better than Great Whernside in daylight, ignorance is bliss when you can't see past your torch beam. But it seemed to go on forever! It's muddy and steep at the bottom, then turns into a rock strewn diagonal climb until you finally find the marshal trying to keep warm in his tent waiting for you to dib. It's got to be the worst job in fell racing. But for the runners, once you have passed this point (55 miles) you only have 7 to go until the finish line. I was in a good place, I had juice left in my legs and the scent of tea and biscuits waiting for me at the finish line. And then I slipped on a bit of damp grass. No rock climbing, no crazy fast descending, just a little patch of unassuming damp grass. I landed on my right elbow, dislocating my shoulder. I couldn't move my arm, hand or my wrist, it was stuck out at a weird angle. I sat for a minute getting my breath back, mulled over a few of the new Irish cussing words I'd learnt earlier in the day and set off again. A couple of guys caught me up, they got me some paracetamol and made sure I was ok getting back on my own. Super nice fellas whose lights I managed to follow for a good while as I'd lost my navigation with the fall.

I couldn't run as it was too painful so I walked, yomped and generally shuffled my way to Threshfield. Sue was there at the finish line, as were the medics and the infamous post race cuppa. It wasn't quite the day that me and Sue had planned but it's yet another event ticked off and more fabulous memories made.

Words by Lynn Murphy

Rob's Club Championship Update

The club road & fell championships are possibly the most competitive since 2024, with several categories being keenly fought for.

Hinda enjoys a clear lead in the women's fell championship and looks set to retain her title by the end of August. However, the road championship is still wide open. Nid Wongkalasin's recent fine performances in the London Marathon and Edinburgh Half Marathon have seen her sneak ahead of Gaynor Anderson-Yates at the top of the leaderboard, and with both entered for June's Otley 10 more vital points are at stake. However, there are a host of others who could force their way to the top should they choose to go for five qualifying races.

The men's road championship will also go right down to the wire – in this case the Ribble Valley 10k at the end of December, with Adam Oakden & Mark McGee currently top of the rankings ahead of a whole host of names that could come into the reckoning. Meanwhile Nick Walker has publicly declared his intent to run every single race possible in order to stay ahead in the men's fell rankings. The likes of Rundle, Hardacre and Heaviside might have something to say about that however as they continue to breathe down his neck in a very competitive category...

The reinstated extreme championships have still to get going, and all could come down to how fast we can all get round Joe Rundle's Baked Potato Round by the end of the year.

[Check out the latest rankings.](#)

Words by Rob Grillo

Club Records are falling...

So far in 2025, there have been at least 17 different club records set. 16 on the track and 1 on the road. Joseph Carnelley ran just under 67 mins to better his own half marathon record on the road.

Lizzie Reilly (U20) and Emma Raven (V40) have both set 400m records, whilst Maisey Bellwood (U20) is adding to her records in lower age groups by setting 800m and 1500m bests.

Eleanor Robinson (senior) and Emma Raven have set 3000m records whilst Norah Yates (U15) has been shredding the long jump record, twice so far.

Down at Uni, Tom Barrett (senior) has set 400m and 800m records and James Raven (V45) and Joseph Preston (U13) have also set 800m records. Over the Atlantic, Joe Hudson (senior) has been prolific and now has 3000m, 5000m and 10,000m records. His 3000m took 46s off the previous best and the 5000m a massive 1m41s!

For juniors, I am aware that some relay records are broken, these will be investigated and hopefully updated soon.

There are still a lot of spaces on T&F records, feel free to try some meetings and be a record holder. Look on the website and you can see all the current standards and those that are empty.

Words by Ian Lewis





Club Social Walk

Next social walk is Glusburn to Colne. Saturday June 21st. Meet at 10:30am at Glusburn Institute. Walk is off road. Bus back from Colne. Everyone welcome including friends and family. Check Facebook for updates.

Club Training Plan For June

Group 3 Tuesday Track Sessions

10/06 - 8 - 12 x 400m (100m)

17/06 - 3 x 400m/1 x 800m/3 x 400m

24/06 - 1600/1200/800/400/200

01/07 - 3 x 300m/200m/200m/300m

Upcoming Dates For Your Diary

Oakworth Haul (club organised race) - Saturday 5th July

Full list of [upcoming club champs races](#) (come along, always plenty of hoops there).

Northern 4/6 Stage Road Relays - September (Date & location TBC)

Hodgson Brother's Mountain Relay - Saturday 4th October (Cumbria)

British Fell & Hill Relays - Saturday 18th October (North Walesish)

We're very keen to get out multiple teams across these three relays later on in the year, so please look out for announcements over Facebook and in the Newsletter.