

Newsletter 012

June 2025

Carl's Running Journey



I woke up one day and realised I was overweight and totally unfit after stopping playing football in my 40s and I decided Couch to 5k was the way to go, but it was harder than I ever imagined. My first try was from the bridge over the River Aire at Silsden, aiming to get to the cricket club, which is less than 1km! I think I died on several occasions but mainly walked it (slowly).

After a few steady jogs over the weeks, I tried my first ever Parkrun at Cliffe Castle in Jan 2020 and managed a time of 34:33. I was happy with myself, especially after I visited the cafe and sat there on my own not knowing anyone and thought I can do this every week, but by March 2020 everyone was in lockdown! Fast forward to July 2024 after we had moved to Utley and I was chatting with a certain gentleman named Mick Bugeja. We chatted about running and he mentioned Keighley and Craven AC whilst giving me a lift to the Murder Mile in Silsden after he was visiting his Dad Joe, who is my next door neighbour. We chatted and ran the Murder Mile, probably my first ever race and I then decided to join KCAC.

I joined KCAC in August 2024, but I was still low on confidence and had only done 5k runs since my journey started and I was not improving and I remember thinking a 10k run was far too much for me. I steadily improved each week after Tuesday and Thursday training, but thanks must go to all the run leaders who helped me and also encouraged me to try other types of training.

I did hills, track and entered every race going due to something called the runner's high. There were even some more old farts running at the club, not mentioning any names of course, but it was great to chat with these gentlemen and banter was the main ingredient on most runs.



My confidence soon grew, but I still had no idea how to read a map and compass and would get lost on several fell runs over the next 12 months, culminating in losing myself in Ogden Woods last week for a few mins, whilst I contemplated crying for my mum (who died in Aug 2011). Fortunately I spotted another runner having the same issue and managed to scramble through brambles and get back on track.

However, somebody else from our club also had the same issue, you know who you are, so I didn't feel too bad at the finish line whilst everyone was teasing me about my fell running abilities.

Throughout my journey so far, I have met the most amazing people who also started running for whatever reason, but mine was for self-preservation and a new mindset which has certainly helped me. I have lost weight, gained confidence, improved my times at Parkrun, made friends at KCAC and also Cliffe Castle Parkrun family, where we all love the breakfast and chit chat afterwards, but mainly myself or Andrew Kitts chatting! Thanks to everyone I have met in the last 5 years and hoping the journey lasts for us all and we have much more fun, banter, mickey-taking of me mainly for my ninja legs and sense of direction.

Words by Carl Pedley

Ogden Midsummer Madness

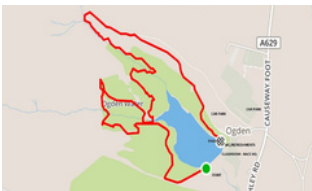
Ogden Midsummer Madness was chosen as an alternative Club Champs race when we realised the road closure over to Hebden Bridge would make Stoodley Pike difficult to access. As a midweek race, similar in distance and ascent, it seemed a good option. It turns out the route was much more complicated!

Four of us turned up for the adventure, we can't say we weren't warned – the website does say a recce would be helpful, and the race organiser had kindly done a video of the course. In 3 miles it packs in everything Ogden has to offer - steep climbs, steep descents, ravines and stream crossings. There were many twists and turns and most of the time we weren't sure where we were. It was great fun and I'll probably go back next year, hoping the experience will give me an advantage.

Finishing positions are directly related to the extent of adventure had. Bilal was the first hoops home, having only gone slightly off course. I was next, (vaguely) followed by Carl Pedley, then Emma Dooks arrived from her own personalised route.

Rob Grillo has diligently kept the Club Champs results up to date so these now reflect the positions midway into the year.

Words by Lorna Hardie



Ogden Midsummer Madness 2025 Results

Pos	No.	Name	M/F Age	Club	TIME
1	54	Ethan Hassell	M	Wharfedale H	27:52
2	44	Josh Casey	MJ	Halifax H	27:55
3	55	Jake Lane	M	Totley AC	28:13
4	53	Andrew Stemp Walsh	M	P&B	28:55
5	65	Danny Drake	M	Wharfedale H	30:03
6	36	Sam Green	M	Wharfedale H	30:17
7	46	Adam Breaks	M40	CVFR	31:00
8	47	Ben Farrar	M	UA	31:14
9	66	Matthew Warters	M	Wharfedale H	31:23
10	64	Daniel Hurd	M	Wharfedale H	31:32
11	59	Paul Heeley	M40	Fellandale	31:48
12	40	Rachel Pilling	F40	P&B	33:28
13	41	Graham Pilling	M40	P&B	33:39
14	33	Laurence Martin	M40	P&B	34:04
15	57	Luke Cranfield	M	Northowram	34:38
16	67	Ethan Durkin	M	HXBoxing	35:43
17	61	Bilal Hardaker	M	K&C	36:13
18	48	Jack Sellar	M	Queensbury	36:35
19	49	Archie Griffiths	M	Queensbury	36:39
20	68	Niall Bourke	M40	P&B	37:32
21	63	Fay Stemp Walsh	F	P&B	38:10
22	39	Craig Milner	M	Idle	40:53
23	58	Stephen Booth	M60	UA	41:30
24	50	Stephen Boocock	M50	Fellandale	41:30
25	45	Matt Robinson	M40	UA	41:32
26	51	Lorna Hubbard	F40	K&C	42:02
27	34	Mick Cooper	M60	Todmorden	42:09
28	37	Rhys Crowther	M	UA	42:26

Junior Race News

Yorkshire and District Athletics League

A good contingent of juniors travelled to Cleethorpes yesterday for the third Yorkshire and District Athletics League match! Well done to all our athletes representing KCAC proudly!



2025 Inter-county Fell Running Championships

For our older runners this was an opportunity to wear their Yorkshire vests with pride! In the U15s race, Alice White finished 2nd girl, followed by Maisie Oddy in 4th place, both claiming gold county team medals for Yorkshire.

Next up were the U17s with Clara McKee finishing 1st girl followed by Bethan Buckley in 10th place, both claiming silver county team medals.

In the younger age groups Billy White worked hard to finish in the U11 race while Olivia Stones ran well to finish 4th girl in the U13s race.



Coopers on Tour

Robyn, Claire and Craig representing Keighley in Croatia at the Plitvice Lakes 5k, 1st under 18 and 5th female for Robyn and 1st female for Claire.



Killington Sports

At the Killington Sports Fell Race, there were big wins for Ronnie (who has just turned 9) in the U12s. Maisie Oddy ran well in the U15s race, finishing 3rd. Well done to Charlie and Dylan, coming 5th and 6th respectively, in their age categories (photos below).



Upcoming Junior Club Championship Races

Thursday 3rd July :
Silsden Murder Mile
Sunday 20th July :
Cracoe Fell

Kirkby Gala BOFRA

There were 3 KCAC vests in the junior races this Saturday at Kirkby-In-Furness. All the runners were greeted by overcast skies and low cloud, with the U17s and Seniors turns hidden somewhere in amongst the mist.

Despite no KCAC colours in the U9s race, the race started to the grand sounds of the local brass band. Although to the marshal's dismay, there was one little boy challenging himself to run the course in sliders! There was a big gap at the front in the early stages of the race, only for the race leader to go the wrong way and lose several places. Listen to your coaches kids... walk that course!

The U12s starting line-up was packed! With KCAC colours being donned by Olivia Stones and Robyn Cooper. As soon as the race started the KCAC duo skipped around the first two corners, out of the field, up the road and into the fields above, only to leave a heap of children lying in their wake on the first corner. Unfortunately, one young man fell on the first sharp turn out of the starting line, with several other kids falling over his mound of a body. One girl landed squarely on her shoulder, with the surprise and shock giving her an early exit from the race.

Not long after the pile of children had cleared the field to make their way onwards around the course, the 1st, 2nd and 3rd boy returned, followed closely by 1st girl, Olivia, with Robyn in hot pursuit, finishing in second place out of the girls and 7th overall.

Next up were the U14s, with Ruben Cuthbert flying the KCAC colours on the Cumbrian starting line. The U14s sped out of the field and up towards the fringes of the clouds. As quickly as they'd left, the familiar faces of the Furness duo, Noah Cook and Theo Zaboklicki, returned to claim 1st and 2nd. Ruben held his own, hurling back into the gala field, battling with the two runners in front to claim a respectable 6th place.

Great races had all round and thankfully the weather held out until all the races were finished. Then the heavens opened just in time for the presentations.

Next BOFRA race is Murder Mile, this coming Thursday 3rd of July, in Silsden.

Words by Martin Cuthbert



**Well done KCAC Ladies Team at the
Bradford Millennium Way Relay!
Great team effort from everyone,
23rd overall and 4th women's team!**

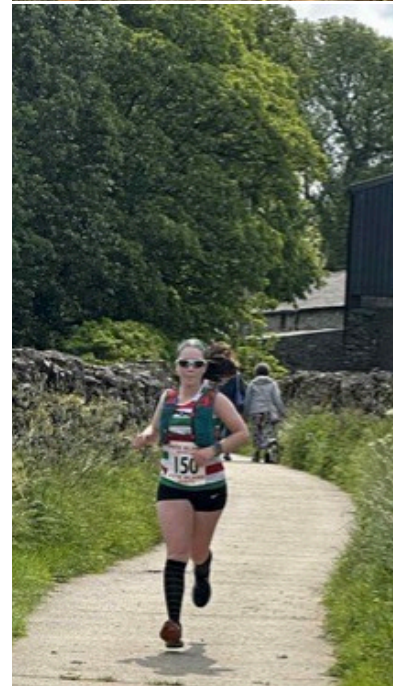
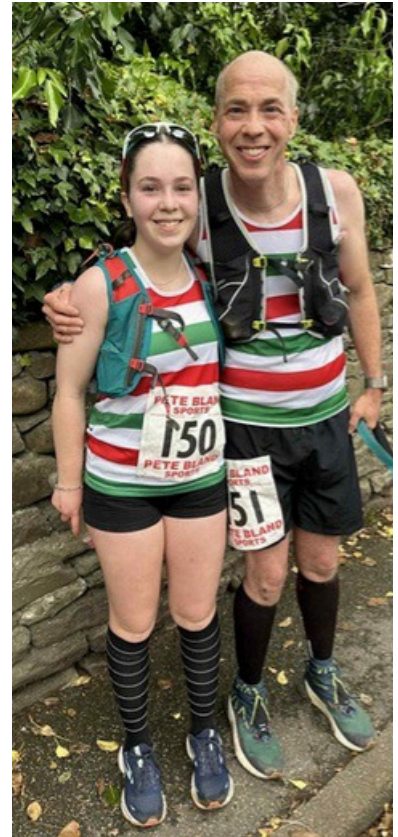
Settle Saunter Adventure

Not many races these days account for hardy youngsters looking to push themselves over longer distances. FRA rules state entrants must be 17 on the day of a race in order to participate in a half marathon and typically 15+ to run a 10k. Occasionally however, races permit younger runners to run if accompanied by an adult, the Settle Saunter being one of them. Organised by the Rotary Club of Settle and held every June, the route has been adapted over the years but now takes runners and walkers on a scenic, varied terrain route from Settle town centre out to Feizor, Austwick and back to Settle. Aimed at walkers originally, it now sees a mix of hardy runners, novices and walkers entering to enjoy the delights of field, trail, woodland, limestone pavement and riverbank, plus over 1,500ft of ascent.

This year's race served as the first ever half marathon for KCAC Junior runner, Erin Carter. At just a few weeks over 15 years old, she had to run accompanied and so raced with her dad, Jonathan Carter, and her youngest Spaniel, Bertie, who must have been the youngest competitor at just under 2 years old! Although pre-race nerves kicked in a little at the start, Erin was confident in her abilities having put in the miles regularly each weekend and training sessions on Thursdays with the KCAC scholarship group at the track. Armed with a day's worth of snacks and liquid as the SS is a self-sufficient race, as well as the mandatory race kit, she was keen to do well and prove all her hard work had been worth it. The forecast weather conditions (heavy rain and thunderstorms) served as a good incentive to keep a decent pace around the route but were unfounded as the day proved to be quite humid and bright but with a pleasant breeze on higher ground. Erin kept a strong pace all the way round and managed her liquid and nutrition well and finished in 2:28 – a very respectable time given the challenging trail terrain, her young years and the fact it was her first half marathon. Placing 5th female, 15th overall and 1st U21 runner, she was rightly proud of her achievement and finished with a fabulously strong kick into the finish. The jury is out as to who was the responsible adult supervising the other runner – Erin or Jonathan – but one thing is for sure, this won't be Erin's last half marathon. The only challenge is finding another one that lets U17s run 13.1 miles...

For any younger KCAC runners keen to stretch their legs over a longer distance, the Settle Saunter is ideal: close to home and very generous in terms of entry requirements. Runners from age 5 can complete the 10k with an accompanying adult and those between 5 and 11 can do so free of charge. Runners from 15 years old can enter the half marathon accompanied and from 16 and 17 years old can run with permission but unaccompanied. The Settle Saunter is a friendly, low-key, local event perfect for family running adventures and is definitely worth considering adding to training or racing calendars.

Words by Suzanne Carter



Amazon Prime



After 5 days of racing in the Amazon jungle, Gary Chapman has managed to become the 6th person in the world to complete the BTU Global Series of ultra marathons in a variety of extreme environments. The races are all between 140 and 160 miles long over 5 stages and each one has one stage designated as a very long stage, which is usually on the last day. The races have included a race above the Arctic Circle, then followed by the Namibian desert with temperatures reaching 53 degrees. Next race up was at 13,000 feet altitude and all the problems that brought in Kyrgyzstan's Tian Shan mountains, before this June's race in the Amazon.

The Amazon was widely believed to be the toughest race of the series by some distance due to the extremes of heat, humidity and dangers on the ground. The race was sold out a year ago and 59 competitors from 18 countries were on the start line. After a gentle start for a mile on a road, competitors then started their first experience of the jungle and the first of so many river crossings. Many competitors started to fall by the wayside as the humidity was so oppressive and there were so many dangers due to the terrain that injuries were inevitable. As everybody was so remote, it meant 7 nights in a hammock in the jungle environment. Once you got in the hammock for the night, you absolutely didn't want to get out as there were plenty of potential for snakes and other nasties to make their way around camp. You never put your shoes on without carefully checking them first and constant vigilance was needed as wherever you looked there were all sorts of exotic ants and spiders ready to bite.

It was hard to get up and down the 5 significant hills throughout the race and it was vital to be careful about touching the ground or falling over as there were always creatures ready to bite. Indeed, one English competitor got bitten by a snake on the final day but he was OK. On days 3 and 4, 100% of the race was through thick jungle. A route was macheted through by a local support team and conditions were very tough. The final stage was about 45 miles long but there was some road and track as well as thick jungle. However, it also included about 5 miles of racing down two rivers and with jungle encroaching up to the water for much of it, you had to stay in the water and keep your eyes peeled for hazards.

Despite this, it was a case of gritting teeth and getting on with it. The prize of finishing the Global Series was enormous and at the first attempt on each occasion. Out of the 59 competitors, only one other person was up for completing the Global Series and he has climbed Mount Everest so not short of achievements. However, he pulled out on Day 4 leaving Gary to be the only person to finish the series which saw a special presentation after the race at a ceremony. As well as a medal for completing the series, the local Peruvian tribe where the race was held presented Gary with an arrow that they use for hunting.

By the end of the race, Gary was covered in tape and was carrying a few injuries so expects to be out for months now but he says that he can now 'retire happy' from the really crazy races.

Words by Gary Chapman

Spine Success for Adam

Keighley & Craven AC's Adam Oakden ran fantastically well and finished 4th place in the Challenger South, which is a 110 mile race from Edale at the start of the Pennine Way to Hawes. His time was 28 hours 40 minutes which is fantastic on that hilly off-road terrain. Adam only started running seriously in recent years and he has already chalked off a whole range of achievements with the 3 Peaks race, Haworth Hobble and last year a very fast Bob Graham Round. He also helps coach our Juniors and as a club we are so proud of what he has achieved.



Rob's Club Championship Update

HOT OFF THE PRESS: Nick Walker has been deposed as leader in the Men's Fell Championship rankings. Too tired to even walk after Lorna's track session the night before, Nick was forced to watch on as Bilal Hardaker took maximum points at the Ogden Summer Madness event to take the leader's crown as we pass the halfway point of the fell running year. Further down the field, Lorna, Carl Pedley and Emma Dooks were all enjoying themselves so much that they ran 'round the woods several times before finding the correct route, but all were rewarded with sufficient Championship points to see them rise up the leaderboard. July is a quiet month, with no Club Championship races before it all kicks off again at Borrowdale for the long distance fell runners, and Arncliffe and/or Littondale for everyone else (although there's nothing to stop club members from scoring points at Skipton Parkrun each Saturday morning).

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

Club Training Plan For July

Group 3 Tuesday Track Sessions

08/07 - 8 - 10 x 400m (100m)

15/07 - 4 - 6 x 800m (200m)

22/07 - 14 - 18 x 200m (200m jog) (short w/up)

29/07 - 4 x 1km (200m)

05/08 - 3 x 300m/500m/800m (100m between reps/200m between sets)

Upcoming Dates For Your Diary

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.

OAKWORTH HAUL FELL RACE



5TH JULY @ 15:15

**FROM THE GALA FIELD
£5 TO ENTER, MINIMUM AGE 18.**