



## On The Start Line – A Month of Racing

### *RACING WITH A POINT!*

What a month of racing! Championship, Fell, Ultras, Parkruns and a host of others made May a very busy month indeed; not least the first Club race of the season with the annual Point to Point. Andy Lang and Nick Thompson set the map and hung coloured crayons from a variety of Footpath Poles around Meltham, Mike Harrison drew the teams and before the camera shutters had clicked, everyone took off in their pairs. First home were Paul Elliott and Mark Hoath, followed by John Hobbs and David Sadler; then Adele Tayles and Christian Lloyd. However, once the Handicaps were calculated John and David pipped the win by just six seconds and Sharon Whitworth and Gary Spivey jumped into third. With cake and flapjacks handed round at the end, and the rain staying away for the most part, it was a great night out for all at the club.



### DOUBLE TROUBLE

May was off with a bang at the first weekend with the Cake Race on Saturday and Bluebell on the Sunday; two great races which both have reputations for being tough, but Meltham AC was well represented. Kicking off in Diggle was the 10 mile, 1700ft of climb that is the Cake Race, with its combination of road, slab



and fell, before the awesome Butterley Steps, which take you down one side of a reservoir...and then straight back up the other side! James Young continued his very strong start to the season with a fantastic 15<sup>th</sup> place overall, coming back in 73:43. The chase was on between Ray MacArthur and Christian Lloyd, who are both shaping up for the Fell Championship this year, with Ray taking the extra point this time in 48<sup>th</sup> overall (87:42) and Christian in 51<sup>st</sup> (88:44). Andy Hargreaves followed in 87<sup>th</sup> (97:21) and Gilly Markham took full points in defence of her title, 103<sup>rd</sup> place overall (101:39). Sunday came rolling in with the clouds, but by the start time it was looking good for the Bluebell race. Penny Ditchfield advised us all to get a good start, so we were off like rockets and quickly into the beautiful woodland, before shaping up for the monster climb that is Trooper Hill. The views across the top make up for the leg/lung busting challenge, and then some cracking descents test what's left in the tank, before heading back into the trees and bluebells. A canal sprint takes you to the legendary river crossing, where positions were still to be made and then to the finish line. Penny had another strong result winning the F35 category in 1:20:14; Jeff Miller was first male back, pipping Steve Perren after a woodland battle, 1:29:15 and 1:29:30 respectively. Adele Tayles followed in 1:43:44 with Gilly Markham completing a fantastic weekend double with 1:48:24. Amanda Crozier broke her PB by 10 minutes with 1:50:34, followed by Sharon Whitworth 1:56:20. Thanks also to Tom and Andy Whitworth for the mobile support at key points in the race!

### DOUBLE TROUBLE (PART II)

May finished as it started with two races in close proximity – Championship's Dovestone Diamond and Fell's West Nab. A fantastic turnout on a Wednesday night saw eleven Meltham AC vests, and a strong line up at that for this popular multi terrain race. The start is a crashing sprint through the mud as runners jostle for position, before the track turns into to a single file climb, then opens up to a slightly wider path leading up to the treeline. James Young made a cracking start and settled into a strong pace, following his race plan to save some energy for the finish, which paid off with a sprint to the line and 11<sup>th</sup> place overall in the bag, 42:46 being a 2 minute PB in similar conditions to the previous year. More PB's followed with Paul Elliott coming in at 47:57 (45<sup>th</sup> overall), having taken Club 2<sup>nd</sup> place from Jeff Miller just after the four mile mark who was paying the price for a too fast start. Nevertheless, a push at the end, and a slide down the bank secured 46<sup>th</sup> in 48:11, with fast finishing Christian Lloyd breathing down his neck in 47<sup>th</sup> (48:13). Mark Hoath continued his impressive racing streak with 52<sup>nd</sup> (48:44), with Steve Perren following just behind in 56<sup>th</sup> (49:12) – meaning both Male Teams finished in the top 10 (5<sup>th</sup> and 10<sup>th</sup>). First female back was Tina Crowe in 121<sup>st</sup> (56:42) with Ruth Thomas just behind in 126<sup>th</sup> (57:17). Just missing the hour mark came Amanda Crozier, continuing a good first season with Meltham AC – 158<sup>th</sup> (61:18), followed by First Time Meltham racer Rachel Tomlinson in 169<sup>th</sup> (62:50) and Ally Young in 172<sup>nd</sup> (63:24). Top respect to super-fan Josh Elliott for his cheering and photo's.



Before the thighs had a chance to recover, Jeff was lining up with Giles Bailey, Ray McArthur, Fiona McArthur and Andy Hargreaves at the resurrected West Nab Fell Race on Saturday afternoon. With a new route which circled

around the back of the quarry and climbed the steep banks of Royd Edge twice in quick succession before heading up to the top of West Nab, all the pain was rewarded by hurtling back off the top at breakneck speed. Giles was first flyer, coming home in 25<sup>th</sup> (51:41), followed by Ray in 43<sup>rd</sup> (56:00); Jeff missed the hour mark in 54<sup>th</sup> (60:37) with Andy Hargreaves following in 66<sup>th</sup> (64:17). Fiona, coming back from a tough layoff, retired before the end. Support from Simon Edwards was well received and I hope to see this cracking race back for good.



## DUKERIES - A TAIL OF TWO ENDINGS

Sunday 11<sup>th</sup> May saw Nick and Andy toeing the start line for their third ultra of the year, this one being 40 miles. Despite a stupid o'clock start (5:30am pick-up) and a very poor weather forecast, off they went down to Sherwood Forest. Arriving at the start for check-in Nick discovered that he'd left his water bladder at home, was this an ominous sign? A quick and easy check-in and chatting to other mad ultra runners, we were ready for the off. Andy made a great start leading the pack (was he following Stewart Mills advice and frightening everyone else?) Nick dropped into his own pace and played follow my leader. After a short while we got to the first check point then off to the first aid station at approximately 9 miles, well stocked too. This then followed a 10 mile loop into the forest passing Major Oak and other interesting features (including an impressive herd of cattle) and to the second aid station at 18 miles, for Nick it was 20 miles as he'd done a small detour with another runner. At this point unbeknown to Nick, Andy had DNF'd because he couldn't breathe properly.

Onwards it went and then Nick started having problems with running and even walking. However, this cleared up by the next aid station at 24 miles. From then on it became a case of running and walking, or walking and running. The route came out of the woodland sections and through fields. The nice yellow rape seed that we see at this time of year is actually between 4 and 5 foot tall! Nick was enjoying it so much that when the path went through a field of wheat he recreated the opening scene from Gladiator!! The last aid station at 33 miles served coke, which for some (Nick included) is a must. At this point we had to cross a major 'A road' so down 100m to the traffic lights and then go back up the road passing the aid station on the other side of the road! It was then back into the woods. Finally the finish was in-sight, but to get to the finish you had go round a very large field and onto a housing estate, then the typical abuse started when Nick decided to walk the last few yard to the finish. All in all a very enjoyable, well organised ultra, not as flat as the Canalathon we did in March. As with all ultras, it was very friendly and as a bonus they serve pie and pies (Nick consumed 2 pies in short order) at the finish. *(Thanks to Nick Thompson for the report).*



## MENTIONED IN DESPACHES

- Two great runs of differing measure for James Young – 4<sup>th</sup> in the Murder Mile (12:24) a week after running 65.1 miles in the Hardcastle 24. Congratulations also to James on being selected to the Berghaus Trail Running Team!
- Sam Bolton completed his first Marathon on Sunday 18<sup>th</sup> May (the really hot one!) coming home in 289<sup>th</sup> position – 4:20:03 – congratulations Sam!
- Meanwhile, Sharon Whitworth was running the Chester Half in 2:03:20, a great result in that heat.
- The Bi-monthly 'King of the Hill' saw Adele Tayles and Ally Young recording 30.04 and 36.49 respectively.
- Andy Lang bounced back at the Howgills Marathon with a 5:30:28 on a punishing course with 3,654ft elevation
- Mark Hoath carried on his 'racing revival' with a cracking Manchester 10k – 45:59
- Steve Perren, Christian Lloyd and Paul Elliott ran the first Lakeland Trail this year at Staveley on the 31<sup>st</sup> – report and results next issue...

### HOLME MOSS FELL RACE 20/07/2014

We are looking to arrange a 'recce' for this race (which is on the Fell Championship), as it is extremely tough. Details will be on the board / emailed - Please consider the demands of this race before signing up.

## PARKRUN UPDATES

The green and purple was on display at Huddersfield, Oldham and Carlisle.

- Well done Andy Whitworth, coming back from injury but still finished 2<sup>nd</sup> at Carlisle in 18:10
- Sara Lewis has taken 3:16 off her PB in the last 5 weeks – great work!
- PB's Tony Daniels (Hudds) 18:50; Simon Edwards (Oldham) 22:23; Sharon Whitworth (Carlisle) 26:44; Christian Lloyd (Hudds) 20:46; Sara Lewis (Hudds) 27:46

### JUNE CLUB CHAMPIONSHIP RACES

- 8<sup>TH</sup> – MARSDEN 10 MILE
- 16<sup>TH</sup> – JOE PERCY 10K
- 28<sup>TH</sup> – PARKRUN #2
- 29<sup>TH</sup> PENISTONE 10K

### JUNE FELL CHAMPIONSHIP RACES

- 7<sup>TH</sup> – WHARFEDALE HALF MARATHON

**Been racing? O.T.S.L. want to know all about it – email: [jeffmilleruk@hotmail.com](mailto:jeffmilleruk@hotmail.com) and follow Meltham AC on Facebook for the latest results. Photos and race reports are both welcomed and encouraged, and you may well be posted on the Meltham AC website!**

**Keep training, keep racing and we'll see you all next month - On The Start Line...**