



ON THE START LINE

A Month Of Meltham AC Racing

December 2015

Tina's Fell Triumph At The Gravy Pud!

The weather leading up to the last Fell Championship race of 2015 had been pretty grim, but come race time the wind had dropped, the rain stopped and the temperature was positively balmy. Points were very much on everyone's mind and James hammered his way to a top ten finish, putting himself in the box seat for the end of season prize. Steve Perren dropped Sam Bolton and took the extra point, leaving us with a head to head showdown on Windy Hill. Tina Crowe meanwhile stayed ahead of Gilly Markham (claiming first LV55) to claim the Fell Championship with one race to go, a fantastic battle between them all year and we look forward to a rematch next year! John Gray was the final Meltham vest home, gaining Fell experience all the time. Pictures were hard to come by, but we managed to get this one of Gilly finishing, cheered home by the megaphoned mascot of the day - Felix Young.

Results: 9th James Young 42.11; 33rd Steve Perren 46.11; 57th Sam Bolton 49.38; 100th Tina Crowe 56.58; 109th Gilly Markham 60.02; 124th John Gray 77.16



How Not To Race...

Following November's Abbey Dash Robin's spare Percy Pud place just proved too much to resist. I'd never done the race before but google maps showed it would be pretty easy to find. To cut a long story short I get lost and end up stuck in Hillsborough and arrive 30 minutes later than planned. How far is the start mate" I said as a chap jogged past, about a mile was the reply. Okay still got 25 minutes to spare so that'll be ok. As I selected a long sleeve top to go under my Meltham vest I thought I'd better get my jogging bottoms off and get a move on. A bit too warm for a long sleeve I'll go for short sleeve. Ready to go but nobody around now, only 15 minutes to the start I'd better shift myself. Then the heavens open and the wind blows but no time to change and no time to take anything to the bag drop. Car locked and keys zipped into shorts, 2 minutes later I'm returning to the car for my chip timing band. I pop that on and begin a steady jog up the hill, I'll use this as my warm up I thought. 5 minutes pass and there's still no sign of the start line or any other runners.

After coming round the next corner I see runners filing onto the start line in the distance at the top of a big hill. Still need a quick toilet visit and I reach the back of a 2000 strong field out of breath and realise that my shoelaces have loosened and need re-tying. The race has started, I'm at the back of the field and have just been told by a Marshall that my chip should be round my ankle (as opposed to wrist) for it to register. So I stop again just before the start line and relocate the chip band. I start the race amongst people walking, pushing pushchairs and adjusting fancy dress costumes. I spend the first mile of the race skipping from side to side in an attempt to run anywhere near the pace I'm used to. It takes me 8 minutes of running before I overtake a 7 foot tall bottle of beer and it's probably approaching the 2k marker before I get any rhythm to my running. As I approach the half way turn I realise I've probably run the last couple of miles too quickly. I'm tiring and my hamstring is beginning to tighten. I didn't stretch before the race! At 8k I finally stop overtaking people and realise that people are overtaking me, including a bloke dressed as Darth Vader with a light sabre. The last 2k is painful but I'm spurred on chasing down a Stainland lions vest, successfully, but losing a lot of places to stronger finishers.

I finish as the clock reads 47.34 but my chip time of 45.33 shows it took me 2 minutes to cross the start line. I collect my huge Christmas pudding and chat to a couple of people before trudging wearily back to my car reflecting on the fact that after 4 years of racing I've just about made every pre-race mistake you can make. It's a great race though with lovely scenery and a cracking atmosphere. Lessons learned for next time, probably not!

Thanks again to Paul Elliott for the write up



Road and Trail Championship 2016/2017

27/03 - YVAA Honley
06/04 - King Of The Hill
01/05 - Bluebell
04/05 - King Of The Hill
25/05 - Dovestone Diamond
01/06 - King Of The Hill
05/06 - Huddersfield Half
12/06 - Marsden 10
26/06 - Penistone 10k
06/07 - King Of The Hill
08/07 - Woodland Challenge
12/07 - Summer Handicap
03/08 - King Of The Hill
20/08 - Honley Trail
04/09 - Kirkwood Hospice 10k
07/09 - King Of The Hill
25/09 - Netherthong 10k
05/10 - King Of The Hill
30/10 - Holmfirth 15
04/01 - King Of The Hill
08/01 - Winter Handicap
01/02 - King Of The Hill
26/02 - Huddersfield Road 10k

Fell Championship 2016/2017

06/03 - Ian Roberts
20/03 - Hoppits Hill
04/04 - Trunce #1
25/04 - Trunce #2
30/04 - Cake Race
16/05 - Trunce #3
21/05 - West Nab
29/05 - Saddleworth Fell
06/06 - Trunce #4
26/06 - Kinder Trog
27/06 - Trunce #5
18/07 - Trunce #6
24/07 - Holme Moss
08/08 - Trunce #7
11/08 - Dennis Stitt
22/08 - Trunce #8
28/08 - Crowden Horseshoe
12/09 - Trunce #9
18/09 - Utterley Butterley
01/10 - Saddleworth Edges
29/10 - Grin N Bear It
11/12 - Mytholmroyd
11/02 - Windy Hill

Parkrun

First Race - 05/03/2016
Last Race - 25/02/2017

Same scoring system as before - best 20 scores count

PLUS an additional bonus point each time your Huddersfield PB is broken.

Team Championship

27/03 - YVAA Honley (trail)
08/07 - Woodland Challenge (trail)
12/07 - Summer Handicap (trail)
18/09 - Utterley Butterley (Fell)
08/01 - Winter Handicap (trail)
26/02 - Huddersfield 10k (Road)

Teams of 4, best three results score



Christmas Day



'He's Behind You Andy!' (look closely)



James and Tony Dashing through the Rain

(Normal round up next month and in your weekly emails...)

Top 5 After 44 Parkruns

1. Emma Burke
2. James Young
3. Tom Whitworth
4. Paul Elliott
5. David Sadler

Fastest PR Times This Year

Men — 16.50 Andy Whitworth
Women — 19.24 Emma Burke

Meet The Runner

Meltham AC isn't known as the Friendly Club by accident, we have a fantastic array of runners and racers...so let's meet some of them. Starting with our fastest female, Women's Club Captain, and World Champion (ask her!) - Penny Ditchfield.

How Long Have You Been At Meltham AC: June 2006

Road, Trail or Fell: Road all the way...however, as I'm getting slower I'm enjoying a bit of trail/fell

Favourite Race Memory: All my PB races are memories, but probably breaking the sub 40 minute 10k

Which Race is First on your Calendar and Why: I'm a bit slack with consistently racing, but the Meltham 10k and Huddersfield 10k are cheap and local and a good way to start the New Year

What Race Would You Love To Do: To complete an Iron Man within the next two years.

Who is Your Running Idol/Influence: My greatest influence at the club has been Andy Whitworth due to his kind, encouraging words (not!), Andy's no nonsense, no excuses running has always made me dig deeper and not give in when running with him, which then stood me well in races. In life, anyone who is committed and determined to improve, whether top athletes like Mo Farrar or Paula, or an everyday runner

Best Racing Tip: Train hard, race, consistency, race til you have nothing left so on the finish line you know you have done your best and so can be proud of yourself.



DESPATCHES

✦ Congratulations to James Young, Simon Edwards, David and Susi Sadler, Sharon Whitworth, Steph Bailey and everyone else who completed or attempted the 'Run Every Day in December' Marcothon - for either a minimum 3 miles or 25 minutes. A massive undertaking, especially in the windy and rainy conditions we have faced this month, let alone the festivities of the season.

✦ Simon Edwards was the big racer over the Christmas period, taking on wet weather conditions and off road courses for the Chevin Chase and Auld Lang Syne. Battling the floods he came home 466th in 66.34 on Boxing Day and then pronounced it to be '...one of my top 5 runs ever'.



On New Years Eve he was out again on the Fells, although not in his usual Green and Purple! Coming 354th in 76.18 and declaring he spent half of it on his bum, we salute him for taking on these two classic fell races outside of his usual comfort zone—will we make a 'Dark Sider' out of him...probably not but his enthusiasm and spirit transcends all disciplines—good on you Simon!



WANT ONE OF THESE?

JANUARY CHAMPIONSHIP RACES



Road and Trail

3rd - Winter Handicap
6th - King of the Hill

Fell

No races

All Races - To help with results, and to promote the club, please always state you run for **Meltham AC** on race applications—thanks.

Been racing?

OTSL want to know all about it:
Email: jeffmilleruk@hotmail.com

Photos and race reports are both welcomed and encouraged.

Keep training, Keep racing,
and we'll see you all next month...

...On The Start Line...