

Gathering Winter Fools

Brilliant job by Ian Smith and Helen Fuggle - 300 pies all safely delivered to JKN Foodbank in Bradford for immediate distribution after Winter Fools Relay was called off.



Notice of KCAC Annual General Meeting

Monday 27 January 2025, 6.45 for 7pm @ Brown Cow, Keighley

The AGM is for all members: please come along to hear updates on what's happening at the Club and to have your say on issues affecting us all. The AGM Agenda is below - items led by committee members. If there are any other topics you want to raise please email kcacmembers@gmail.com by 20 January - these will be taken at the end of the meeting under Any Other Business.

Also, if you can let us know you're intending to come that would be good - we'll email you the draft AGM Minutes and Accounts for 2024 in advance. You'll be welcome if you just come along on the evening, but it will also help to have an idea of numbers as pizza will (again) be provided - come a few minutes early for this!

Agenda:

1. Introduction by Club Secretary, with apologies for absence
2. Approval of Minutes for AGM January 2024; any matters arising
3. Overview '24 and upcoming '25: Club Chair, Gary Chapman
4. Junior reports - Andrew, Tony, with Matt, Sue
5. Women's report, and Club Championships 2025 - Lorna
6. Men's reports - Nick, Callum
7. Finance report - Ian S, with Keith
8. Proposed membership fees, 2024/25 - Richard Butter
9. Welfare update - Ian L, Camille
10. Charities and Community report - Helen, Emma D
11. Social report, including 40th anniversary event - Vic and Lorraine
12. Election/re-election of officers
13. Any other business

Words by Richard Hindle

Social Dates For Your Diary

Christmas Night Out

Meet up in the Brown Cow (circa 7:00pm on 14th Dec) before heading to the Balti House.

Christmas Eve Social

Set off from Barley Car Park at 10:30 for a walk up Pendle Hill, drinks in the Pendle Inn after.

Wed Social Walks over Christmas

Walk from Bingley Station to Fighting Cock on 21st Dec, meeting at 1pm.

Bank holiday walk on Friday 27th - dates and location TBC, check Facebook group)

40th Anniversary / Club Presentation Night

Steeton Cricket Club on 8th February (more info to be announced very soon).

Junior Race News



PECO Juniors

Well done to the 17 juniors (and coach Sarah) who raced in the opening race in the PECO Cross Country League at Temple Newsam on 17th November ! All of our juniors ran well and most gained valuable experience: massive starts (251 in primary kids race) with kids falling over and being spiked, and a busy finish where every second is worth a place!

Finley led our squad home in the Primary School Race, finishing in a brilliant 2nd place with Luca not far behind in 5th. Robyn also finished a creditable 5th U11 girl. Hugo, Billy and Ronnie battled each other to take the top three U9s boys places, and after a tricky start, Annabel R worked well through the field finishing 2nd U9 girl. Anna, Felix, Annabel C, Amelia and Phoebe raced commendably!

In the Secondary School Race, our girls smashed it, with Alice finishing 2nd and Maisie 7th girls overall, despite only being Year 8. They finished 1st and 2nd in the U13 league competition with Olivia racing strongly to finished 5th U13 not far behind. Raffy and Alex also stepped up into the older and longer course and showed good determination all the way to the finish!

Words by Emma Raven



European Cross Country Trials / British Cross Challenge

A huge congratulations to Maisey Bellwood who was involved in the European Cross country Trials / British Cross Challenge, on Saturday. She had an amazing race, running 17.02mins over 2.7 mile, in tough muddy conditions. Maisey finished in a fantastic 10th.

BOFRA Prizes

Special congratulations goes to Maisie Oddy who won 1st U14, but also got an award for the most improved junior. Other winners 3rd u14b Charlie Headley was 3rd U14 boy, Olivia Stones came 2nd in her first ever season of fell racing, Robyn Cooper was 3rd. Raffy Schofield was 2nd U12 boy. Well done to everyone who took part.



Words by Matt House

Senior Race News

Northern Indoors Open, Sheffield, 23rd Nov

James Raven raced 1km and 2km indoors setting PBs of 2:58 and 6:26 respectively! And 2 days after his 45th birthday, (subject to ratification) we think he set two new Welsh indoor M45 records!



English Fell Running Championships

Great performance by Louis Hudson in the English Fell Running Championships, finishing 3rd U23.



Harriers vs Cyclists

Ewen Wilkinson beat all the senior runners at the famous Harriers vs Cyclists - he also finished 5th overall.

Christmas Race Win

Congratulations to Niamh Conroy on winning the Bah Humbug Trail 10k this past weekend.

The Junior to Senior Transition

The club's older endurance running juniors are guided by Karen, John, and Alan. In theory we look after the U17's and U20's, but in reality the group contains athletes from U15 to V60. With three coaches and such a wide spread of athletes we can cater for differing needs and usually have at least two main training sessions taking place with individual variations thrown in as well.

As coaches we are all former runners who raced as juniors and progressed to enjoy successful seniors careers. It's these experiences which guide our philosophy of wanting long-term success for all our athletes – long-term meaning that the athletes are building the foundations to perform at their best as a senior and enjoy many years healthy running.

We believe in having a critical mass of runners to make training fun and a social occasion which makes the hard reps breeze by and fitness being a by-product of having a good time. Our easygoing outlook still aims to produce PB's and maintain continuous progress to see the rewards of all the training. The group has produced England and GB junior internationals for mountain running as well as Yorkshire and National XC junior champions.

The three of us first started working together in 2017 and we are now starting to see the longer term results of our methods. The senior men's team at this year's National XC relays were all juniors who had risen through our system with more available fighting for a place in the team. The women's side is represented by a core group who now continue to train together on the track each Tuesday as well as those who are part of their university teams.

It is really satisfying to see a larger group of competitive seniors who have risen through the club's junior system still racing and hungry to improve. While not all of them now train locally they're all great role models to the current juniors of why sticking at running is a great choice!

Words by Alan Buckley

Maisey's Liverpool Cross Country Experience

At the start of the winter months, training, like every year, began to change from shorter and faster to longer and continuous with my sessions usually being around 3k of hard running. In the weeks running up to Liverpool I had also started jumping in with the boys group for my sessions which I've found beneficial as not only does running in a bigger group help prepare better for race day, hanging onto the back of the group also definitely makes me work harder (even if that is only because of fear of getting dropped).

On the week of Liverpool I was feeling really excited to race as throughout training and racing in the season so far I have felt stronger and better than ever and so knew this was my time to show off all the hard work. On the Tuesday Alan set the session of 2x(3x500) off 60 seconds jog recovery which I completed as usual and set me up well, especially with the short recovery. The rest of the week entailed an easy 30 minutes on Wednesday, and an easy run with 3x 90s strides on Thursday with a rest on Friday for Saturday.

On Saturday I woke up, looked out the window and honestly thought it wouldn't be possible to even get there but after a two and half (supposed to be one twenty) hour drive we made it and the lack of snow in Liverpool was replaced with a lot of rain and mud! I did my usual warm up, got my spikes on and made it to the start line where I was on the second row. After the gun went off I didn't quite get the start I wanted as I was more focused on not falling amongst the 200+ girls, so I knew I had a lot of work to do to get where I wanted to be. Throughout the rest of the race I honestly was not feeling 100% and had many thoughts of dropping out, not finishing, slowing down, etc but I just continued to try focus on people/ landmarks in front of me which helped break the race down and made it feel less overwhelming and easier to complete. The mud and the conditions made the race pretty slow and very gruelling but I just tried to make sure that I made the most of the dryer sections.

Nearing the end I gave everything I had left and realised I had worked my way pretty far up the field but still felt as though I was much further back then what I had hoped. After I crossed the line I was relieved it was over but honestly felt quite disappointed in my race. After finding out my position when the results split I was quite confused as the race I felt I had didn't reflect this. On reflection I am very pleased with where I came and my race in general, although know I have more to give and feel very excited for the season ahead!

Words by Maisey Bellwood

Team Raven - Colorado 5km Road Champs

The Raven family took their KCAC kit on holiday to race at altitude in Denver, the mile high city. Racing 5km at over 5000 feet is notably tough but everyone ran really well. Annabel and Amelia were rewarded with 5km PBs whilst finishing 2nd and 6th in their respective age-groups, and Emma and James both finished 1st Over40s picking up his and hers matching state champion medals (we doubt tourists would be allowed to take Yorkshire titles!). Emma also broke the W40 course record by over 4mins, despite complaining about the lack of oxygen! In a county that doesn't really do club running vests, our KCAC hoops really stood out, although some thought they were Italian Halloween costumes!?!



KCAC Weekend Away

In October, Kcac took over The Old School House Hostel in Robin Hood's Bay for a fabulous weekend organised by Lorraine and Vic. After a Friday night of games and food it was an early start to the Cinder Track Parkrun in Whitby where we were warmly welcomed by the volunteers and there were even a few PBs from our group while others took advantage of the weather with a walk along the beach. Later we ran, walked or bussed along the beautiful coast to Whitby taking advantage of the sun and were rewarded by a drink at the Abbey Brewery and exploration around the town. Delicious homemade pies and Peter's quiz finished off our Saturday. Before leaving for home, Sunday morning was the chance the brave (or slightly crazy!) to go to the beach and take a chilly swim in the sea

Words by Gaynor Yates



The Benidorm 10K: A 2024 Race to Remember



The 40th anniversary of the Benidorm 10K & Half Marathon which is held annually has once again proven to be an extraordinary event, bringing together 6500 runners (2800 from the UK). This year's race showcased not only the stunning weather but also the electric atmosphere and enthusiastic crowds that make it a standout.

The participants, from 25 countries, were greeted with ideal weather on race day. Following an initial down pour during the morning, by the 5.30pm start, the sun began to shine, offering a warm yet comfortable temperature that made for an enjoyable run. The clear skies and gentle breeze were perfect for both seasoned athletes and casual runners, creating conditions that encouraged personal bests and memorable performances.

The atmosphere surrounding the Benidorm 10K was nothing short of fantastic. The energy was infectious. Local music, bands lined the route, providing a lively soundtrack that motivated runners and engaged the crowd. Cheerful volunteers and supporters adorned in colourful attire added to the festive spirit, creating a carnival-like environment.

The real magic of the Benidorm 10K lies in its crowds. Thousands of spectators gathered along the route which weaved its way through the skyscrapers and along the Mediterranean coast. The cheers and encouragement echoing through the streets came not only from spectators but also families, friends, and tourists as they came together to support participants, making the experience even more special. The camaraderie among runners and the enthusiastic support from the audience fostered a sense of unity and celebration.

First KCAC runner home was Giovanni, in a fantastic time of: 1:02:37 showcasing his skill and determination, chased down by his wife Carole who achieved a 10K PB. Additionally, Jen, who has been running for just 12 months, finished an impressive 12th in her age group. The team's performance was strong overall, with three other members finishing closely behind.

Beyond the race itself, the event served as a platform to showcase inclusivity, bringing together not only runners of differing abilities but the entire community.

The Benidorm 10K was a resounding success, marked by fantastic weather, an uplifting atmosphere, and incredible crowds. For runners, it was more than just a race. This unforgettable event leaves everyone eagerly anticipating next year's race.

Words by Adrienne Dransfield



Jog On Visit

On Tuesday 19th November officers from West Yorkshire Police joined us after training to talk about the Jog On campaign. They told us how harassment can be reported (on the link below), build a map of problem areas and help them tackle problem areas. Through the Public Space Protection Order in the Bradford area anyone caught shouting, threatening or intimidating someone from a vehicle can be fined.

For more info see here - <https://saferbradford.co.uk/community-safety/jogon>

Words by Lorna Hubbard

2025 Senior Club Championship Races

Road

Track mile

Best Skipton parkrun

Best half marathon

Best marathon

Coniston 14 : Saturday 29th March

Otley 10 : Wed 11th June

Littondale 4 : Saturday 9th August

Blackpool Run the Lights 10k : Saturday 16th August

Ribble Valley 10k : Sunday 28th December

Extreme

Wadsworth Trog (BL): Saturday 1st Feb

Pendle Cloughs (AL) : Saturday 10th May

Borrowdale (AL) : Saturday 2nd August

Lancashireman (BL) : End of Sept

Baked Potato Round : Annoucments soon

Fell

Hoofstones (BM) : Saturday 25th Jan

Flower Scar (AM) : Saturday 22nd Feb (Yorkshire Champs)

Bunny Run (CS) : 3 Tuesdays in April

Coiners (BM) : Monday 5th May

Stoodley Pike (BS) : Tuesday 1st July

Arncliffe BOFRA (BS) : Saturday 9th August

Grisedale Horseshoe (AM) : Saturday 30th August

Dunnerdale (AS) : Saturday 8th Nov

Stoop (BS) : Sunday 21st December

Meet The Coaches



Alan Buckley

I joined my local athletics club, Ruddington AC near Nottingham, aged 7. We only had a 300m grass track, but I loved it and have been running ever since. I moved on to represent Gateshead Harriers and then Leeds City. I raced (and still do occasionally) track, road and cross country and had most success at cross country representing GB at European and World XC Championships. I have run a sub 30 minutes 10,000 metres and even acted as an official pacer on the London Marathon for men's elite.

During this time I worked with a variety of coaches so had plenty of different experiences to draw on once I started to coach at KCAC in 2017. I first started helping with the youngest juniors, but before long had switched to the older age groups.

Sarah O'Sullivan

I started running when I was 9 years old. To begin with I ran for my school, Grange Middle School, Riddlesden, where I won a few of the local schools' races, before joining Keighley Road Runners (KRR) in 1986 at 10 years old. There was a great group of junior girls at the club, and we trained once/twice a week under the guidance of our coach Norman Harrison.

In 1987, at age 11, I earned my first Yorkshire vest finishing 6th in the County XC championships. The following year, in 1988,

KRR U13 girls became Yorkshire Cross Country Champions – the club's first county title since its formation!

As a junior I competed at numerous county, regional, national and inter-county championships (both XC and track and field) all over the country. I also had the privilege of attending the English Schools Track and Field championships on three occasions, in 1989-1991. In 1989, I finished 5th in the final of the junior girls 800m in 2.18 (which remains my PB to this day!!).

I continued to run throughout my university days, competing for Warwick University and then for Horsforth Harriers for a few years whilst living and working in Leeds. Today, I enjoy competing for KCAC in the Yorkshire Veterans Athletic Association events both on the trail, cross country, road and track. I also enjoy taking part in the local cross-country leagues (West Yorkshire league and PECO XC league) as well as numerous road races and of course Parkrun! I rejoined KCAC in 2011. As soon as Alice and Jacob were old enough, I brought them along to the club and I started helping with the younger juniors. I had the opportunity to gain the athletics coaching assistant qualification through the club which I really enjoyed. This allowed me to start coaching and give something back to the sport which has been and still is such an important part of my life.

I now 'assist' Coach Andrew with the Scholarship Group. It gets harder to keep up with the juniors in this group as they keep getting faster and I am getting slower!



However, I love coaching this group. It is so rewarding to witness the commitment, hard work and determination of each and every one of the juniors to improve, achieve personal bests and build great friendships.

I have now been coaching long enough to see some of the juniors move all the way through the age groups from U9 to U17 and senior level. Having watched them support each other through the years, experiencing many ups and downs along the way, and to see them continue to enjoy the sport fills me with pride. Thank you to the Club for allowing me the opportunity to give something back to my sport.



Emma Raven

I began athletics at the age of 8, and having grown up in the sport, it's very rewarding to now give back by helping our juniors to enjoy the sport I love so much. My husband and I joined KCAC last year after our daughters started with Matt H.

As an athlete, I've had a brilliant time so far. I won my first Scottish national gold medal and earned my first national vest when I was U13 and earlier this year, at 40, I became the British Masters Indoor 3km Champion.

Along the way, I've competed internationally in road races, track and cross-country events, set a few Scottish records, and at my peak, I ranked 4th in the world for 2km steeplechase.

Now, as a junior coach, I want to help create an environment where young athletes are excited to be part of the club - a place where they can grow physically whilst also building resilience and sportsmanship. My main advice to our juniors is simple: Take your time. You have years (decades!) ahead of you in this sport. Don't try peak or specialise too soon; enjoy the journey!

Club Training Plan For December & January

Group 3 Tuesday Track Sessions

Group 3 training plan for Dec/early Jan -

03/12/24 - 4 x 600m (200m)/4 x 200m (100m)

10/12/24 - 4 - 6 x 800m (200m)

17/12/24 - 200m/400m/600m/800m/600m/400m/200m (100m)

07/01/25 - Time trials - 1600m/800m/400m

14/01/25 - 1km(200m)/6 x 300m(100m)/1km(200m)

Please note that the school is closed from Monday 23rd December to Wednesday 1st January. Training sessions will restart Tuesday 7th Jan.

New Club Website Launch - Dec 2024

After around 15 years, we are changing the old website this month - no doubt many of you will have noticed that many areas are never updated. We're having a revamp - we hope the new website can positively display everything that goes on at KCAC and can be a positive representation of our club, as a first impression to potential new members.

After a lot of hard work in the background, the new website is almost ready and it showcases the club to the outside world far more effectively as well as being a useful reference tool for all KCAC members. We will let you know more about it in future newsletters.

Haworth Hobble - 8th March 2024

a) I am seeking people who would like to take on more responsibility in helping put on the Haworth Hobble. The race has grown in recent years and it is a major undertaking to put on such a large event. The specific area that help is required for is somebody undertaking responsibility for race day operations regards HQ/Course/Race Start/Feedstation set up. It requires some work in advance of race day then helping manage specific areas on race day and working as key member of race day team. Contact Gary Chapman at kcacraces@gmail.com or see me at club.

b) As updated previously, please keep 8th March free in your diaries as we would love your help on race day . We have amazing bunch of regular helpers but new blood always needed and very much welcomed.

Words by Gary Chapman

The Jack Bloor Races

I have had the pleasure of organising the Jack Bloor Race for some years now together with Linda Kelly overseeing the Junior races. We both plan to deliver the 38th edition of these races on 13 May 2025 but wish to do so alongside a new team who will takeover from 2026. We advocate a team of three - one to oversee the overall event and one each to manage registration/timing/results for the Junior and Senior races. The event enjoys excellent relations with land-owner Bradford Council and has a fantastic body of experienced helpers, including members of the Gritstone Club who marshal the Senior course.

We have a defined event template with all operations fully documented, so there is no need to reinvent the wheel. However, a new team would be free to develop the races in conjunction with the trustees of the Jack Bloor Fund. As now, such a team could comprise people from different clubs. If you or someone you know would be interested in contributing to the future of fell running in Yorkshire – please get in touch, either with me directly or via the Jack Bloor website: jackbloor.co.uk

The Jack Bloor Fund continues to support young Yorkshire athletes engaging in outdoor adventure sports with a further 20 awards made since the last race. 2024 saw an almost record number of youngsters running the Junior Jack Bloor races. They are the future of our sport. Here's to the Yorkshire fell running community stepping-up to keep this classic race going for the sake of all those enthusiastic kids.

Words by Rob King (Race Organiser and Jack Bloor Fund Trustee)