

# Newsletter 007

21st Jan 2025

## 40th Anniversary / Presentation Night

The event is being held at Steeton Cricket Club from 7:00pm on Saturday 8th February. We would encourage you to arrive early as on arrival you'll be greeted by an adult magician who will (we are sure) amaze you with his tricks. Presentation of awards will start at 8:30pm with buffet food served at 9:00pm and our resident club DJ will spin into action from 9:30pm. Carriages at midnight! The evening is open to all KCAC runners past and present.

We would love to see as many current/former Keighley & Craven AC members as possible at the Cliffe Castle Park Run for a 9am start on the day of the Awards Evening (08/02/25). Whether you take 16 minutes or 60 minutes, we would love to see you there turning the park red, green and white.

[BOOK ONLINE NOW](#)

## 2025 Charity Of The Year

For the last three years KCAC has supported its Charity of the Year. In 2022 it was Manorlands, 2023 it was Homeless Not Hopeless and last year 2024 it was Candle Lighters.

These organisations benefited by receiving our support throughout the year. They received profits from Club organised races, social events and fund raisers.

Now we are looking forward to 2025 and we would like you to nominate a Charity or local organisation for us to support next year.

Please consider nominating a locally based organisation or one where those in the area might benefit from their support, rather than one of the well known national charities.

We would like nominations in by 25th January so can be included at the AGM.

We look forward to hearing from you with your ideas.

Please contact Helen at [helenpcs@hotmail.com](mailto:helenpcs@hotmail.com) with your nomination.



# Club AGM - Please come along

**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](mailto: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!

2024 AGM documents have been sent via email with this Newsletter.

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

## 2025 Club Champs

The club road championship will be updated on a weekly basis this year, so when you run a parkrun or run a half / full marathon it will go onto the spreadsheet that week. For example, Skipton Parkrun is one of the races. There's been 2 events so far this year and Lorna Hubbard leads the way, ahead of Camille Askins & Sarah Hargreaves however that could all change next week if someone runs faster. Carl Pedley has the fastest time among the lads so far. This will hopefully make for an interesting and often changing 'leaderboard' during the year. Please therefore make sure you are registered with K&C for parkruns. Also, if you run a half or full marathon on the road please do let us know as soon as you can – you can email me at [rob@robgrillo.co.uk](mailto:rob@robgrillo.co.uk) with your result so it can go on the spreadsheet.

2025 club champs info and results can be found on the new website (coming very soon!)

*Words by Rob Grillo*

# 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

## 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

## 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

COMING UP:

Hoofstones is this Saturday and you can [enter online now](#).

Entries for Wadsworth Trog have also opened. [Enter here](#).

Flower Scar is combined with the Yorkshire Fell Running Championship. [Enter here](#).

## Junior Race News

### Yorkshire Cross Country

A good day at the office against all the big hitters

U13G 2nd team

U13B 2nd team

U15B 2nd team

U17G 2nd team

U17B 1st team

Yorkshire vests for Alice White, Maisey Oddy, Joseph Preston, Will Oakden, Clara McKee, Maisey Bellwood, Ewen Wilkinson, Owen Ashdown, Sam Barber and Megan Wilkinson



Well done everyone who ran.



## Stoop Fell Race



Gales, sub-zero wind chill, intermittent blizzards and snow/ice puddles underfoot. Just the weather for 28 KCAC juniors to show how brave and tough they are! Especially Scarlett, Freddie, Evan and Otto (age 6) who made their fell race debuts for the club – conditions don't get much tougher than that!

Not only was it Scarlett's debut but she stormed around the U9 course to take the win, with Phoebe T claiming the 3rd girl's spot. Ronnie made it an U9 double with a confident run and win, followed home by Tommy in 3rd. Well done to Sam, Toby, Freddie and Otto for great efforts too.

The older juniors were up next. Such were the conditions that compulsory full kit was required, and for some this meant they were unidentifiable ninjas hiding under hats and buffs! Alice, opting instead for a festive dress, led the KCAC juniors home finishing an impressive 2nd overall and 1st girl (still U13). Thomas also ran strongly to take 1st place in the U11s. Maisie, Robyn and Jacob all finished 2nd in their age-groups whilst Anna, Luca, Raffy and Amelia finished in 3rd spots! Ruben, Billy, Eden, Felix, Harvey, Alfie, Aravon, Pheobe C and Annabel C also battled hard, earning some Christmas treats! A great end to a brilliant year for our juniors!

## PECO Cross Country

Fantastic performances from the whole squad - well done. Many in the bottom of their age groups too! Just over 300 juniors racing in total!

Positions in U9, U11 and U13 categories, which is what the league use for points:

Top spots for brother and sister Billy and Alice - 1st

Annabel, Maisie - 2nd

Ronnie, Joseph - 3rd

Fin, Olivia - 4th

Luca, Robyn, Anna - 7th, 7th and 11th



## Sprint Update

4 of the group went to Sheffield for the Northern Athletics indoor meet. 2pbs over 60m for Ethan (7.20) and Nyla (8.37) plus Lizzie (on KCAC debut) did 300m pb. (45.89). Included in this is also 2 club records (Ethan and Lizzie). Well done all of you



## Stanbury Splash



Well done to the hardy 16 who braved the cold start at 10.30 for the Junior Stanbury Splash. In the U9's, KCAC had 3 in this race, Scarlett was 1st place girl, she really went for it as race practice for her XC. She was followed by Jude Baldwin (1st 6yo), doing his first race and 6 year old Robyn Crampton (3rd). In the U11's race, Hugo Baldwin was 2nd, Felix Schofield and Tobias Hardman both ran really well. For the U11 girls race, Annabel Raven ran really strong for 1st and was followed closely by Sophie Broadhead, who is also doing well since moving up an age group. Kara and Pheobe Cuthbert following on, closely behind. In the U13's races, Raffy Schofield and Olivia Stones both performed well, each finishing 2nd. Robin Cooper also a great run after moving up age group, and was 3rd. In his first race, Jacob Kershaw did really well, with Scarlett Smith, just behind. For the U15's, Alex Wright finished second. A big well done to all who ran!

## Senior Race News



### Ian Magee completes the Winter Spine Challenger North

Well done to Ian who battled super tough conditions on the Pennine Way to finish the 160 mile Challenger North in just over 83 hours.



### Ultra success for Jack Walton

Jack Walton wins the Green Gateways Ultra this past weekend, setting a 44 minute course record on the 33 mile race.

### Splash Prize for Steff

Vets prize for Steff Kitts at the super-cold Stanbury Splash fell race.



### Hattrick of Chevin wins for Joe Hudson

Great win for Joe on Boxing Day, winning the famous Chevin Chase for the 3rd time in 4 years. Jimmy Lund also ran strongly for 8th overall.



### Stoop Fell Race

A great day for the seniors with Niamh, Ayan and Claire bringing home the women's team prize. Niamh was 3rd lady and 1st F21. Young Billal Hardaker was 3rd U21, just beating his mum Ayan who took home another vets prize.



# A Reason To Run



Many of you will know me from KCAC Running club and I have been a run leader for approximately 18 months. But many of you will not know the reason why I got into running.

For many years I have battled being very overweight. I was at one point morbidly obese with a BMI of over 40.

My weight was having major effects on my body. I was having problems with my back and my knees were also starting to give way. I was unable to work. I was then introduced to a new doctor. He immediately told me that if I didn't sort my weight problem out, I would be in wheelchair by the age of 45.

So, with 40 just around the corner it was time to wake up and make the changes I needed to my life. The doctor suggested going to the gym to use the treadmill. He wasn't asking me to do a marathon (good job because I still haven't done one yet) but start slow by walking, three times a week along with using the cross trainer and exercise bike for a total of 60 minutes a session. Also obviously look at my diet. Slowly but surly my walking became walk/jog. Then jogging and finally running. I then started running round my local country park with other members of the gym. I also started to attend a slimming club to try and address my diet.

Its now 15 years on since I started to process to change my life for the better. I have managed to lose some weight (9 and half stone) and now have better control over my eating habits.

As for my running. I moved to Keighley in 2015. I knew no body apart from my mum's sister and her husband. I was only running 5k on roads or parks.

It was just after a passing comment on a Facebook page that someone replied to me. That person was Ady. She encouraged me to try a club night run with KCAC. Now look at me. And as they say the rest is history. Ady has a lot to answer for....

I know I will never be a fast runner. But at least it beats sitting on the sofa stuffing my face with rubbish food. Running keeps me focused on what I have achieved. It keeps my mental health in check and a reason to carry on. It has given me a reason to live.

I've run lots of Parkruns, 10k's, half marathons & The Yorkshireman Half. I attempted The Yorkshireman Full in 2021 but had to do DNF at checkpoint 2 so O have unfinished business with this. Watch this space....

*Words by Carole Pannullo*

## Club Training Plan For Jan/Feb

### Group 3 Tuesday Track Sessions

28/01/25 - 3 x 300m(100m)/ 500m(100m)/ 800m(200m)

04/02/25 - 14-18 x 200m @5k pace (200m)

11/02/25 - 4-6 x 800m (200m)