



ON THE START LINE

A Month Of Meltham AC Racing

January 2020

New Year, New Plans...

A couple of 20's to start 2020. Seems appropriate now and also personally satisfying because in January 2019 I had what turned out to be pneumonia and wasn't able to race properly for months. I was signed up but couldn't do either of these two races.

The last proper bit of running I'd done was the last week in August, 2019 when I went as far as I could on Alfred Wainwright's route in the direction of the East coast...I got to Keld in 4 days with about 10Kg of camping gear on my back.

Since then work has been a significant interruption to running anywhere (except to work) somehow though, mentally, I've felt as though my day-to-day life has been gradually turning into an 'ultra'; days at work are checkpoints, I 'refuel' rather than 'have my tea', I carry emergency jelly babies around with me, drink from a bladder in the staff room...(I don't) but I do feel like I've managed, through daily commutes, swimming and mental focus, to stay pretty close to where I was when I aborted the C2C attempt, fanciful as it was.

The Trigger would let me know if that was actually true. Sunday, 12th Jan, 8.30 am in Marsden and I felt pretty positive even though I'd hardly slept. The forecast wasn't great; wet, but 'brighter later'...turned out to be 'a bit brighter later but hardly worth mentioning'..

It was blustery and pretty constantly raining all the way. Visibility was pretty limited from Bleaklow to the descent off Kinder.

Everyone was pretty toggled up but there were a few concerns in shorts and short sleeves. I don't know how they kept going. I was behind one lad for a few stretches, whose arms and legs looked red raw, just thinking he must have some fleecy underpants on or just some comfort we can't see that's allowing him to continue. I lost him but he passed me on Kinder with a token wind proof on that he hadn't even zipped up. With all the rain and terrain it was, well, cold.



I did well to Snake Pass but it took me about 2h20 to get from there back to Edale. Kinder nearly did me in. Lots of clag, strong winds, rain and those endless beautiful boulders. I almost accepted Kinder as if it was my life. All the other stuff-home, family, friends etc-was just a dream. I was going to slip and scrape my way through the mist for as long as I had strength until one of those boulders became my gravestone. But yes, the last checkpoint did emerge and I checked out of that ordeal. The green valley of Hope was just delightful and I trundled in to Edale campsite in 5hrs20 (77th).

Today was Hebden 22. I felt good again but very clueless as to the route. I remember the words of a former colleague who'd been in the army: 'time spent in recce is time seldom wasted'...so true but the best I'd been able to do was identify checkpoints and get a rough idea of direction from looking at the map. It's a good job I'm sociable. This is a route full of well disguised pathways, lots of links and many stiles and gates through terrain that doesn't make you feel too far away from civilisation.

I had no clue myself as to where to run to from field to path to stream crossing to dingy-dell to dingy-dell. I tagged on to a cohort and stayed with them throughout.

I did go wrong on several occasions but I hit all 6 checkpoints and felt very relieved about that. In the last 2 miles I was suddenly hopelessly lost, map made no sense, so I ran along the river as far as possible, made my way through a pretty sizeable industrial estate and then came back to Mytholmroyd on t'royd..definitely very fortunate to have got round without any major errors. I was somewhere around 3hrs30.

So 2020; a brace 20's. Bit of closure after last year's new year red light on my health. It is all about health, health to me is my spirit; running is where respiration and aspiration come together. I have more fanciful ideas of challenges such as running/sailing to North America via Scotland, Faroe Islands, Iceland, Greenland and Canada. Or maybe just keep going and running back home via Alaska and Russia...yes, running the world. Big dreams need big plans so for now Wadsworth Trog is calling me...

(thanks Dan Greenwood)

So, what of our other three Trigger runners? It speaks volumes about the conditions that 60 runners failed to make the start line, and further twenty eight failed to finish. Giles Bailey took a fall at Crowden and was left bleeding from the head...not bad enough for Mountain Rescue, but enough to pull him out of the race (sensibly and experience showing through). Sam Bolton pulled up at Snake Pass, whereas Steve Randall came across a struggling runner on Bleaklow and sacrificed his race to see them safely back to civilisation...(sensibly and experience showing through once again).



Trigger Results: 76th Dan Greenwood 5.17.17

Hebden 22 Results: 132nd Dan Greenwood 3:36 170th Giles Bailey 3.57



Can't Argue With Form

The challenge for a good handicapper is form...that elusive little extra bit of speed, that ability to stick on a shoulder and go past at just the right moment. Whether you are at the front or back of the pack we all experience form at some point, and desperately hold onto it for as long as we can...this winter we had a lot of people on form, and they all had shiny Parkrun PB's to prove it!

With a mass start you always have the usual mutterings about niggles, colds and too many mince pies but the usual faces were toeing the line when Caroline and Rebecca sent us off. Tom and Pete were out of the blocks, chased by Alex Bailey and a little group headed by John Gray setting an early standard! We all knew mud was going to be an issue, and the sharp turn off the track was pivotal for position as elbows came out and little sprints made for little gaps to be worked on. Heading up the first climb Andy W came through the pack like a hot knife whilst everyone dug their studs in for some grip and pushed again for the mercy of the flat track to Harrisons Lane.

Not much traffic about and little groups started to form on the single file sandy track before a super slippery descent to Wendy's Bridge brought a racing pack of Paul E, Nige, Steve W and Jeff close together, pushing the overall pace harder than it would normally on the chase for Brian who appeared catchable...momentarily at least!

At the catch, an option was available...Orange Woods or the road...the racing pack took the woods, with Alex taking a line I hadn't seen before and worked well...but the big surprise was that the woods were runnable and the 'swamp' simply wasn't as bad as expected...so no holding back now, it's a chase through the fields where at the stile Nige found an extra gear and moved away from his chasers. Once over the line there wasn't much time to catch breath as runners appeared like clockwork, with Sara having another impressive run and keeping her form well in place, and John reaping the benefits of his fast start with a strong finish.

The weather was nippy whilst the maths was hastily added up and double checked before we had some results. First three over the line - Tom (on his Birthday), Pete and Andy...but the handicapper was smiling as gaps were tight, 3 finished within seconds of the expected time and three people even finished on exactly the same time! The top 4 nudged under the handicappers time and that determined the places...1 second under was Julian Saunders; 8 seconds, and taking third, Leah; 14 seconds, thanks to a super strong finish, Nige; but a whopping 32 seconds quicker than expected was John Gray who took the trophy! Big thanks to everyone who came to run, marshall and take photo's - cracking fun!



	Runner	Estimated Finish Time	Actual	Plus Handicap	Handicap Finish Time
1	Tom Whitworth	17.00	17.42	15.00	32.42
2	Pete Dukes	19.30	19.51	12.30	32.21
3	Andy Whitworth	18.30	19.58	13.30	33.28
4	Giles Bailey	19.30	21.02	12.30	33.32
5	Brian Hutson	21.00	21.21	11.00	32.21
6	Nige Thomas	22.30	22.16	9.30	31.46
7	Steve Whalley	22.00	22.21	10.00	32.21
8	Paul Elliott	22.00	22.31	10.00	32.31
9	Jeff Miller	22.30	22.35	9.30	32.05
10	Alex Bailey	20.30	22.57	11.30	34.27
11	Sara Lewis	23.00	23.05	9.00	32.05
12	Robin Stewart	22.30	23.32	9.30	33.02
13	John Gray	26.00	25.28	6.00	31.28
14	Julian Saunders	26.00	25.59	6.00	31.59
15	Anna Hazelton	26.00	26.28	6.00	32.28
16	Josh Elliott	24.30	28.12	7.30	35.42
17	Paul Gandy	26.00	28.12	6.00	34.12
18	Gilly Markham	26.00	29.23	6.00	35.23
19	Leah Swallow	31.00	30.52	1.00	31.52
20	Sharon Whitworth	29.00	33.22	3.00	36.22
21	Allie Lamb	32.00	33.32	0.00	33.32

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FELL CHAMPIONSHIP 2020/21

Date	Race Name	Location	Cat.	Distance		Ascent		Cost	Distance From Meltham	
				KM	Miles	m	ft		Miles	Time
08/03/2020	Ian Roberts	Marsden	BM	10.3	6.4	260	853	£6.00	6	00:15
29/03/2020	Heptonstall	Heptonstall	BL	24.8	15.4	966	3169	£10.00	20	00:45
23/04/2020	Hartcliff Hill	Langsett	BS	4	2.5	150	492	£4.50	11	00:25
17/05/2020	Calderdale Way Relay	Calderdale								
24/06/2020	Eddies Revenge	Shaw	AS	6.1	3.8	323	1060	£5.00	14	00:30
26/07/2020	Kentmere Horseshoe	Staveley	AM	19.8	12.3	1006	3301	£10.00	105	02:00
06/08/2020	Denis Stitt	Holmfirth	AS	6	3.7	370	1214	£4.50	6	00:00
06/09/2020	John Hewitt Memorial Shelf Moor	Glossop	AS	9.1	5.7	457	1499	£5.00	15	00:35
27/09/2020	Castle Carr	Old Town	AL	24	14.9	1200	3937	£10.00	19	00:45
11/10/2020	Withens Skyline	Howarth	BM	10.1	6.3	300	984	£5.00	22	00:50
17/10/2020	British Fell Relays	Howgills								
08/11/2020	Soyland Moor	Cragg Vale	CM	22	13.7	400	1312	£10.00	19	00:45
06/12/2020	Vocation Mytholmroyd	Mytholmroyd	BM	10	6.2	411	1348	£5.00	17	00:40
14/02/2021	Doctors Gate	Glossop	AL	20.5	12.7	860	2822	£12.00	20	00:45

A great mix of races this year—old and new! Traditional opener Ian Roberts will be familiar to many—but as last year proved it doesn't count for anything when the snow comes down! Denis Stitt will be the Fell counter on the Teams Championship and nice to see Mytholmroyd stays—tough but a lot of fun. If you are new to off road and fancy a go then it'll be great to see you out there - the vast majority of these are appropriate for a 'first race', but have a word with anyone with mud on their shoes...

These two are pre-entry and may well sell out:

Kentmere Horseshoe—<https://kentmerehorseshoe.org.uk/>

Soyland Moor— <https://craggrunner.com/soyland-moor/>

Don't forget Car Share is fun, make sure you have the correct kit.

Going forward there will be 'benefits' for being an FRA member - so if you race the fells regularly then consider joining - being MAC and EA does NOT make you FRA - it's a separate membership (and well worth it) - <https://www.fellrunner.org.uk/join-the-fra.php>

If you are already a member don't forget to take your Membership ID card!

Meltham AC Road & Trail Championship 20-21

Welcome MAC members to the 2020-21 Road and Trail Championship. There are some major changes for the championship, which are:

- There are 17 races in the championship
- 8 races will count for scoring purposes
- There will be 20 points for a win unless there are more than 20 runners, in which case the winner will receive the number of points according to the number of runners
- Runners competing in more than 8 races will receive 1 additional point for each extra race
- There are two grades of races: Priority and Non-Priority
- At least 3 Priority races will count in the Championship

The races are:

Race	Grade	Date	Notes
Best half-marathon	Non-Priority	From 1 st March	Best Time (one to count)
Best marathon	Non-Priority	From 1 st March	Best Time (one to count)
Best parkrun	Priority	From 8th March	Best Time (one to count)
Windmill 6	Non-Priority	29 th March	Birdsedge - Sunday
YVAA Honley	Priority	19th April	Honley - Sunday
Higham Hurtle	Non-Priority	April & August (TBC)	Best Time – Midweek
MAC – Wes D&B	Priority	May & November (TBC)	Best Time – Sunday
Marsden 10	Priority	14th June	Marsden – Sunday
Joe Percy	Priority	June (TBC)	Storthes Hall – Midweek
Chatsworth 10K	Non-Priority	28 th June	Chatsworth House - Sunday
Helen Windsor	Non-Priority	8 th July	Greetland - Midweek
Denby Dash	Non-Priority	August Bank Holiday	Upper Denby - Sunday
Stairway to Heaven	Non-Priority	20 th September	Holmbridge – Sunday
Holmfirth 10K	Non-Priority	October (TBC)	Holmfirth High – Sunday
Travellers 6	Non-Priority	December (TBC)	Denby Dale – Sunday
MAC – MAD	Priority	August & February (TBC)	Best Time - Tuesday
Huddersfield Road 10	Non-Priority	February (TBC)	Lockwood – Sunday

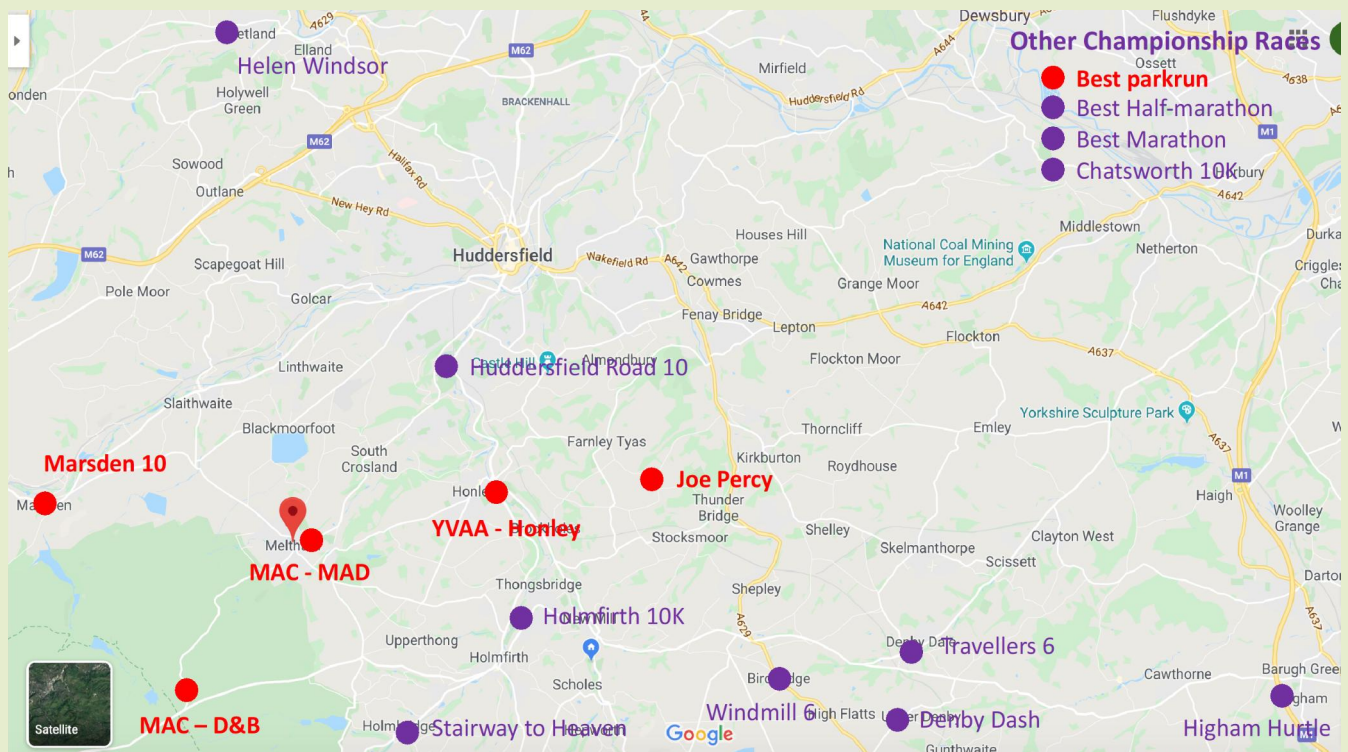
For the best half-marathon and best marathon time it is the responsibility of the runner to advise the R&T Championship Administrators of their attendance in a given race: Your administrators are:

Mark Hoath – markhoath@btinternet.com

Graeme Lee – geepeelee@hotmail.com

Race Venues:

- Eight of the 17 races are within five miles of Meltham, including all 6 of the Priority races (parkruns at Huddersfield and Storthes Hall).
- Three of the races have zero entry fee (MAC D&B, MAC MAD and parkrun) and five are below £10



The Rules:

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- At least 3 Priority races will count in the Championship
- There will be 20 points for a win unless there are more than 20 runners, in which case the winner will receive the number of points according to the number of runners (if there are 21 runners the winner will get 21 points, if there are 22 runners the winner will get 22 points etc.)
- Runners competing in more than 8 races will receive 1 additional point for each extra race
- If a runner competes in only 2 Priority races they will only be eligible for 7 counting races even if they run in 6 or more Non-Priority races
- If a runner competes in only 1 Priority race they will only be eligible for 6 counting races even if they run in 7 or more Non-Priority races
- If a runner competes in 0 Priority races they will only be eligible for 5 counting races even if they run in 8 or more Non-Priority races
- A runner will still be eligible for 1 bonus point for a race even if they have not run in 1, 2 or 3 Priority races

Race 1 – Any Marathon (Non-Priority)

Date	Price	Location	Distance	Surface
Any	Varied	Anywhere	26.2 miles	Varied

Effectively all marathons are in this season's championship. The date, location and the surface don't matter as long as the race is described as a marathon. Choose your race and inform Mark or Graeme your time and it will be included in the championship. Best time to count.

Race 2 – Any Half-Marathon (Non-Priority)

Date	Price	Location	Distance	Surface
Any	Varied	Anywhere	13.1 miles	Varied

Effectively all half-marathons are in this season's championship. The date, location and the surface don't matter as long as the race is described as a half-marathon. Choose your race and inform Mark or Graeme your time and it will be included in the championship. Best time to count.

Race 3 – Any parkrun (Priority)

Date	Price	Location	Distance	Surface
Any Saturday	ZERO	Any parkrun	5K	Varied

A Priority race of which **3 will count** in the championship.

Effectively all parkruns are in this season's championship. If you run a parkrun your result will be automatically posted on the parkrun website. PLEASE ENSURE YOUR PROFILE IS SET TO MELTHAM AC. Best time to count.

www.parkrun.org.uk/events (for UK events)

www.parkrun.com/countries (for links to individual country websites – Netherlands joining in 2020)



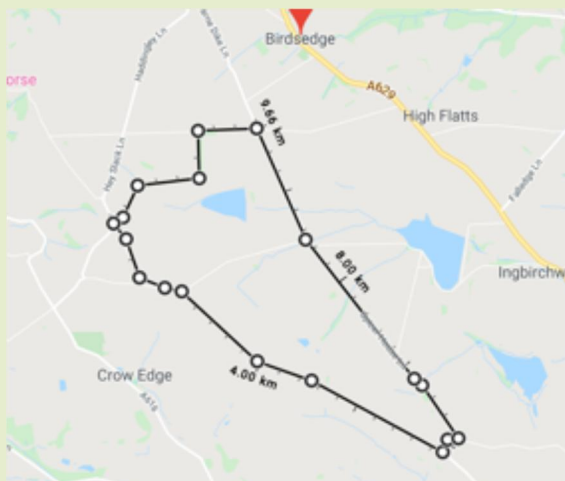
Australia	Namibia
Canada	Netherlands
Denmark	New Zealand
eSwatini	Norway
Finland	Poland
France	Russia
Germany	Singapore
Ireland	South Africa
Italy	Sweden
Japan	UK – including
Malaysia	USA

And yes there is a parkrun in the Falkland Islands!

Race 4 – Windmill 6 (Non-Priority)

Date	Price	Location	Distance	Surface
29 th Mar 2020	£12	HD8 8XT	6 miles	Road

<http://www.trailandroadseries.co.uk/index.php/our-events/the-windmill-6> An undulating road race the windmills between Crow Edge, Millfield Green, Birdsedge and Ingbirchworth, taking in breath-taking views across Huddersfield, Wakefield, Penistone and the surrounding areas.



Start Time: **11:00 am**

Date: **29th Mar 2020**

Birdsedge First School

Exactly 6 miles



Race 5 – YVAA Honley (Priority)

Date	Price	Location	Distance	Surface
19 th Apr 2020	£5	HD9 6QE	6 miles	Multi-Surface

A Priority race of which **3 will count** in the championship.

<https://www.holmfirthharriers.com/assets/documents/fell/2019/honley-gp2-2019.pdf> Organised by Holmfirth Harriers it is one of the Yorkshire Veteran's Athletics Association (YVAA) races taking in Brockholes, Thurstonland and Farnley Tyas on a mainly off-road route.



Start Time: **10:30 am (TBC)**

Date: **19th Apr 2020**

Holmfirth Harriers – Neiley Fields, Honley

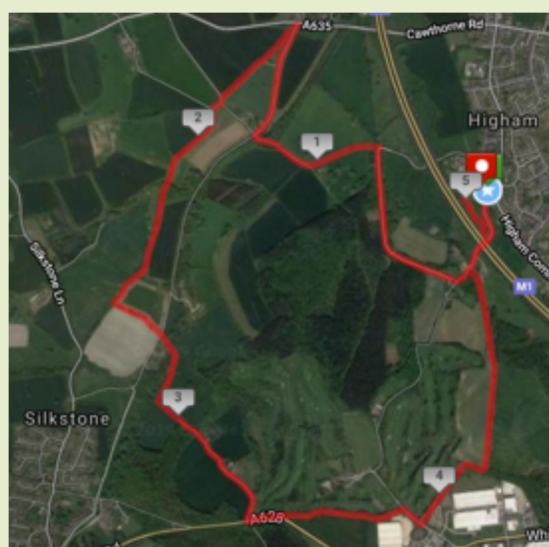
Approximately 6 miles

NOTE: website needs to be updated (2019 race details)

Race 6 – Higham Hurtle (Non-Priority)

Date	Price	Location	Distance	Surface
April & August	£3	S75 1PH	5 miles	Multi-surface

<http://www.barnsleyharriers.org.uk/index.php/higham-hurtle> A cracking run by Halifax Harriers starting at the cricket club in Higham and running under the M1 on an off-road circuit of paths, bridleways, tracks and a few quiet roads. Homemade cake and tea at the cricket club



Start Time: **19:00 (TBC)**

Date: **Apr & August 2020 (TBC)**

Higham Cricket Club

Approximately 5 miles

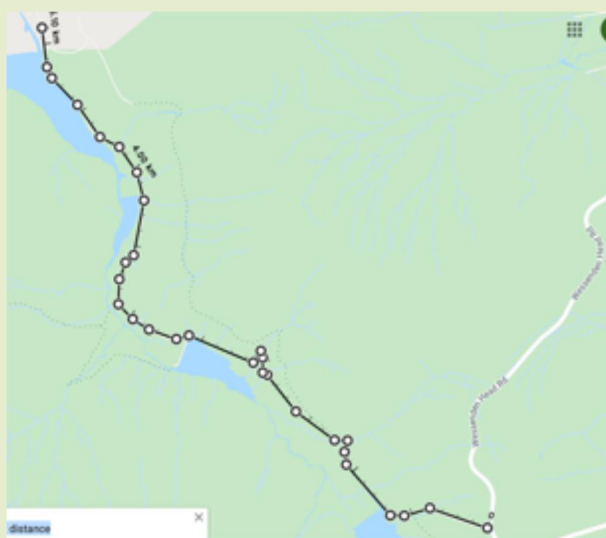
Two races per year – best time to count

NOTE: No advance entry – on the night only

Race 7 – MAC Wes D&B (Priority)

Date	Price	Location	Distance	Surface
May & November	ZERO	Top of the Wes	10.5K	Trail

A Priority race of which **3 will count** in the championship. A MAC members only race. Run from the top of Wessenden Head Road down the trail past the reservoirs to the road – turn round and run straight back up to the gate at the top.



Start Time: **10:00 am (TBC)**

Date: **May & November (TBC)**

Top of Wessenden Head Road

Approximately 10.5K

Park at the layby at the top of Wessenden Head Road just before the junction to Greenfield Road.

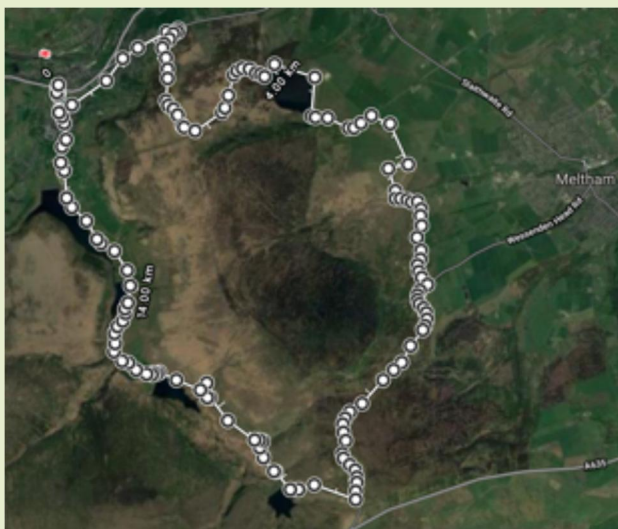
Coffee and cakes welcome

NOTE: dates subject to avoid Fell Race calendar

Race 8 – Marsden 10 (Priority)

Date	Price	Location	Distance	Surface
14 th June	£15 (TBC)	Marsden	10 miles	Road and Trail

A Priority race of which **3 will count** in the championship. The popular 10 mile circular race from the centre of Marsden featuring a long climb up to Deer Hill Reservoir and another long trudge up Wessenden Head Road before a 4 mile downhill canter back to the start.



Start Time: **10:00 am**

Date: **14th June**

Registration at Marsden Conservative Club

Approximately 10 miles

Park in the centre of Marsden

Race 9 – Joe Percy (Priority)

Date	Price	Location	Distance	Surface
Mid-June (TBC)	£6 (TBC)	Storthes Hall	10K	Road

A Priority race of which **3 will count** in the championship. Big team event for all clubs in the locality. A 10k race featuring two laps around Farnley Tyas and Thurstonland



Start Time: **19:30 (TBC)**

Date: **Mid-June (TBC)**

Registration at Andy's car in the main car park
10K

Park in the centre of Marsden

Note: Club colours must be worn

Race 10 – Chatsworth 10K (Non-Priority)

Date	Price	Location	Distance	Surface
28 th June	\$16	Chatsworth House	10K	Trail

<https://www.helenstrust.org.uk/events/chatsworth-10k-2020-sponsored-by-brm-solicitors/> Beautiful trail run around the outer grounds of Chatsworth House. A well organised event with 1,400 runners.



Start Time: **9:30 am**

Date: **28th June**

Free parking for runners

Coffee, food and other stands pre- and post-race

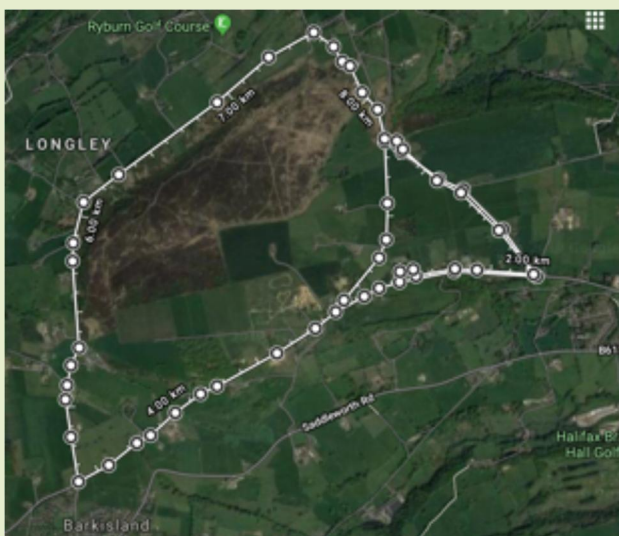
Chip timing

Race 11 – Helen Windsor (Non-Priority)

Date	Price	Location	Distance	Surface
8 th July	£10	HX4 8PS	10K	Road

<https://www.halifaxharriers.co.uk/club-races/helen-windsor-10k/>

The Halifax Harriers organised Helen Windsor is a nice road 10K around the rural roads of Greetland. Featuring some fast downhill and some tough climbs it is also part of the YVAA series.



Start Time: **19:15 (TBC)**

Date: **8th July**

Registration at Greetland All Rounders Sports Club

Entry on the day possible subject to race limit of 400 runners

Note: MAC Discount Available (MelthamAC on website)

Race 12 – Denby Dash (Non-Priority)

Date	Price	Location	Distance	Surface
31 st August 2020	£6	Upper Denby	5.6 miles	Varied

<https://www.denbyvillage.org.uk/denby-dash>

A friendly charity event held in Upper Denby on August Bank Holiday Monday



Start Time: **12:00 Noon**

Date: **31st August**

Approximately 5.6 miles

Park as directed in field below the village

Race 13 – Stairway to Heaven (Non-Priority)

Date	Price	Location	Distance	Surface
20 th September	£12	HD9 2NQ	13K	Trail

<http://www.trailandroadseries.co.uk/index.php/our-events/stairway-to-heaven>

A mainly trail (some road) running from the reservoirs in Holmbridge towards Hade Edge and back.



Start Time: **11:00 am**

Date: **20th September**

Approximately 13K

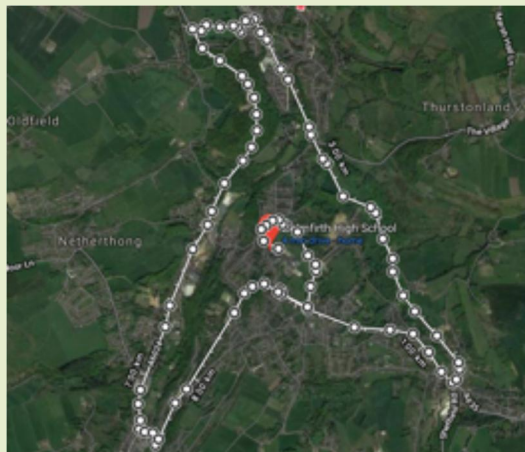
Registration at Holmbridge Church Hall

Race 14 – Holmfirth 10K (Non-Priority)

Date	Price	Location	Distance	Surface
October	£14 (TBC)	Anywhere	10K	Road

<https://www.holmfirthharriers.com/club-events-a-results> (waiting for 2020 website)

Good local 10K from Holmfirth High School, down into New Mill, on to Brockholes, into Holmfirth and back to finish at the school.



Start Time: **9:15 (TBC)**

Date: **October (TBC)**

10K

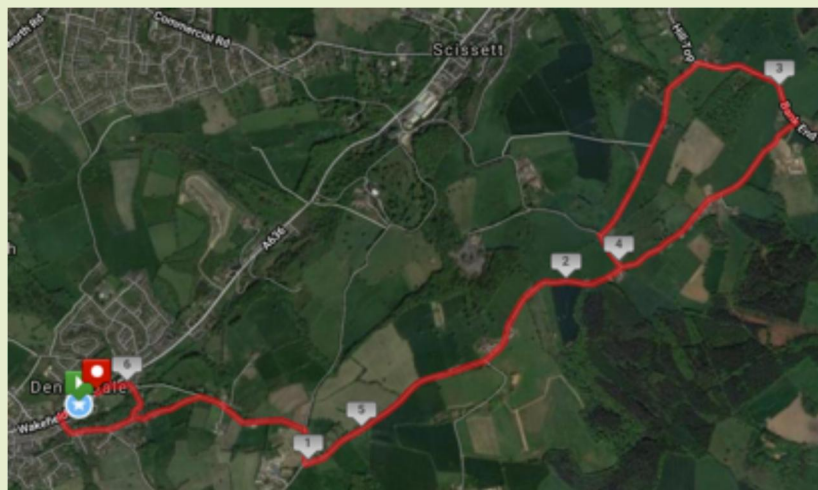
Registration in the sports hall of Holmfirth High

Race 15 – Travellers 6 (Non-Priority)

Date	Price	Location	Distance	Surface
December (TBC)	£8 (TBC)	HD8 6RX	6 miles	Varied

<https://www.denbydaleac.co.uk/travellers-6>

A 10K race organised by Denby Dale running from the Pie Hall up towards High Hoyland and back.



Start Time: **11:00 (TBC)**

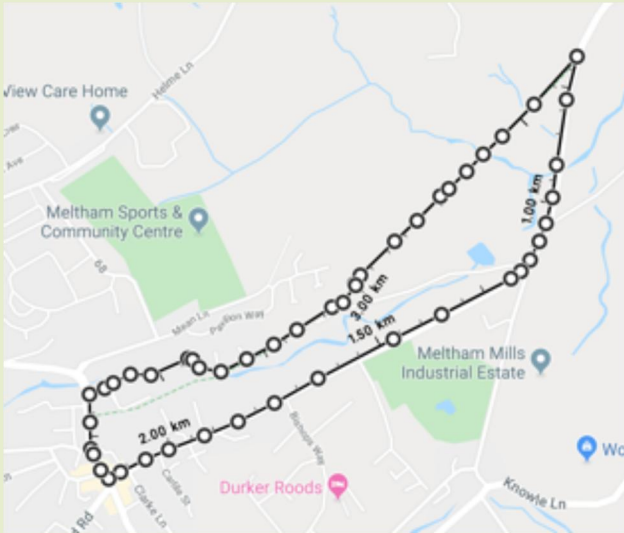
Date: **December (TBC)**

Registration at the Pie Hall in Denby Dale

Race 16 – MAC MAD (Priority)

Date	Price	Location	Distance	Surface
August & February	ZERO	Meltham Greenway	3K	Tarmac

A Priority race of which **3 will count** in the championship. The MAC MAD (Morrison's Annular Dash) is a MAC organised event on club night. A 3K as fast as you can clockwise run down the Greenway, back into Meltham and finish where you started.



Start Time: **19:15 (TBC)**

Date: **August & November (TBC)**

Run on a Tuesday club night twice a year – best time to count

Park at the club – MAC MAD to follow warm up

Race 17 – Huddersfield Road 10K (Non-Priority)

Date	Price	Location	Distance	Surface
February (TBC)	£13 (TBC)	Lockwood	10K	Road

<http://www.huddersfieldroadrunners.co.uk/index.php/thehuddersfield10k>

The final event of the season is the Huddersfield Road 10K starting from Huddersfield Rugby Union around the roads of Netherton and Armitage Bridge.



Start Time: **10:30 am (TBC)**

Date: **February 2021 (TBC)**

10K

More details to follow

Fell Runners Association Meeting

Tuesday 21st saw Jeff driving around the back of nowhere, looking for a Barn in the dark...a fitting location some would say! A good turnout of clubs - Dark Peak, Denby Dale, Saddleworth, Holmfirth were all present and correct to discuss all things related to being an FRA Race Organiser (our own Cop Hill is an FRA race).

One of the main points was regarding FRA membership. On average, only half of runners at an FRA event are actual members; of course you don't have to be - a long standing rule was there was only

ever one entry price, as opposed to the usual £2 discount for EA events...and worth noting that price is often dirt cheap. The subs that FRA members pay contribute to the running of these events, in terms of 'behind the scenes': the race insurance is covered by the FRA, not the home club; Air Ambulance costs when required (and yes, MAC members have been involved in such incidents—it can happen!); the loan of equipment for larger scale events - radios, gazebos etc. In many ways, half the runners at a race are paying towards this, and half aren't. Again, their choice, that's fine, but there will be a little push now to get people signed up and get them involved in the community, not just the racing.

Of course, Fell Runners are a little eccentric and for years FRA have never really publicised themselves, as we want people to find us naturally - a group of stag party runners rocking up at an AS in the Lakes and thinking it'll be a laugh and something to tick off a list, attracted by the fact the race is only 4 miles, could cause mayhem on a steep descent on rocks in the clag...not saying they're not welcome, just saying they need to understand what is involved in this, potentially dangerous, sport. If they were FRA members they would get all the information in the guides and newsletters, meet others with more experience and be able to judge their capabilities...which is only fair on the Race Organiser who, in the worst cases, will be called to Court to explain what measures they had put in place. Fell Running and Racing is fun and generally safe...and that is thanks to the FRA.

It was also raised that EVERY disciplinary last year involved NON members - which suggests that the information given to members gets through, and they understand the reasons for the rules, and the potential consequences of breaking them. I'm sure I'm not alone to have been caught out in an unexpected situation on a run with less kit than I would have had in race. Lesson learned, never again. Much talk is given about the Fell Running community, again being properly prepared is part of that - if you have a fall and need help, and someone sacrifices their race to help you...and then the rain comes and they break out their kit and you're stuck looking at them with your 'short' kit...you're then putting them in potential danger, that same person who stopped to help you...

Simple message then - if you run on the moors and race in FRA races...join the FRA. To be clear - your MAC membership makes you a registered athlete with English Athletics; and yes the FRA is a part of the EA...but you are NOT an FRA member unless you join separately.



However, in this day and age, doing what's right isn't always enough. What's in it for me? Well, that's the next change on the horizon. When you join the FRA you will get an FRA membership card and id number - this year many races will ask you for that number, and you will complete a different form at registration - so be prepared! This is leading towards a difference in entry fees, with the main proposal being set on the race category. If the race is 'S' there will be a £2 difference between FRA and Non FRA; 'M' will be £3 and 'L' £4. If you don't know what S, M and L stand for...or A, B, C....let alone LK, ER, NS, PM - then it's time to join!

This is still 'proposed', but don't be surprised to see some races trialling it through the year. In terms of maths—if you run 4 'L' races, then the saving will pay for your Membership; 6 'M's will leave you in profit...

The next main point of debate regarded the future and Junior racers taking the step up to carrying on once over 18. The drop out rate is quite staggering and many Junior champs simply never become champion adults. One concern of the FRA is that there are not many races that bridge that gap... which is where I took a sip of coffee...I have been thinking about whether the Cop Hill race needs a 'makeover'...despite the fact that we have been growing numbers of late. Part of this is, I believe, is that we have pushed the race as a good 'introduction' to off road running, which it is; but we get almost nobody under 40...so perhaps this year will see a push towards the Juniors? Get some youth mixed in the pack—let them meet and learn race technique from more experienced runners. Maybe. It's an FRA point of agenda, and one that I may well be bringing to our own committee to get involved...

Finally we talked about GPS. Can open...worms everywhere. To be clear, this year FRA races will either be GPS or GPSX. If the race is GPSX then no runner may use any form of GPS *to navigate* during the race. You can use you watch or similar to record your run (if it's not on Strava it didn't happen and all that...) - nobody wants a riot. But you cannot programme a course into your GPS and then just race following a dot on your wrist. There are some races (Non FRA) which outright ban such devices from even being carried (which the FRA feels is a little too far, as these devices can have a use in emergency situations). The FRA expects that you not only have map and compass, but that you have at least a passing idea of how to use them! There are many courses, or if you don't want to pay, then just get out and practice...take Gilly with you and navigate yourself back to the tea room (you're paying)...

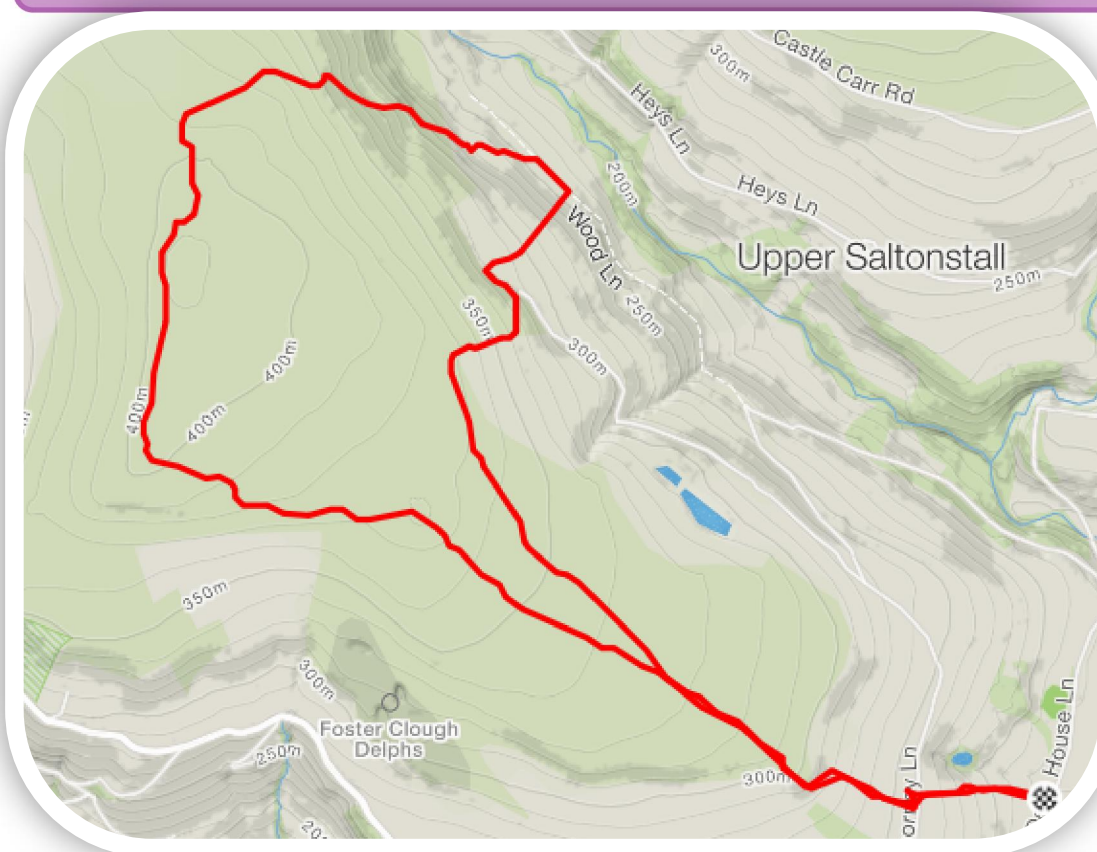
The upshot is that the FRA will be looking to ban the use of GPS as navigation aids during the race at ALL races, likely from 2021.

And with that we drank some tea, ate Nicky Spinks' lemon drizzle cake (seriously...if you get a chance don't miss it!) and headed back into the darkness to find our way home.

(Disclaimer - I have no right to offer Gilly's services as a Navigation tutor...but she does like cake...)



Know The Route — Midgley Moor



Sunday 23rd Feb—11am

Booth Cricket Club, Booth,
Halifax

Grid Ref: SE 040 271.

Please car share, limited parking.

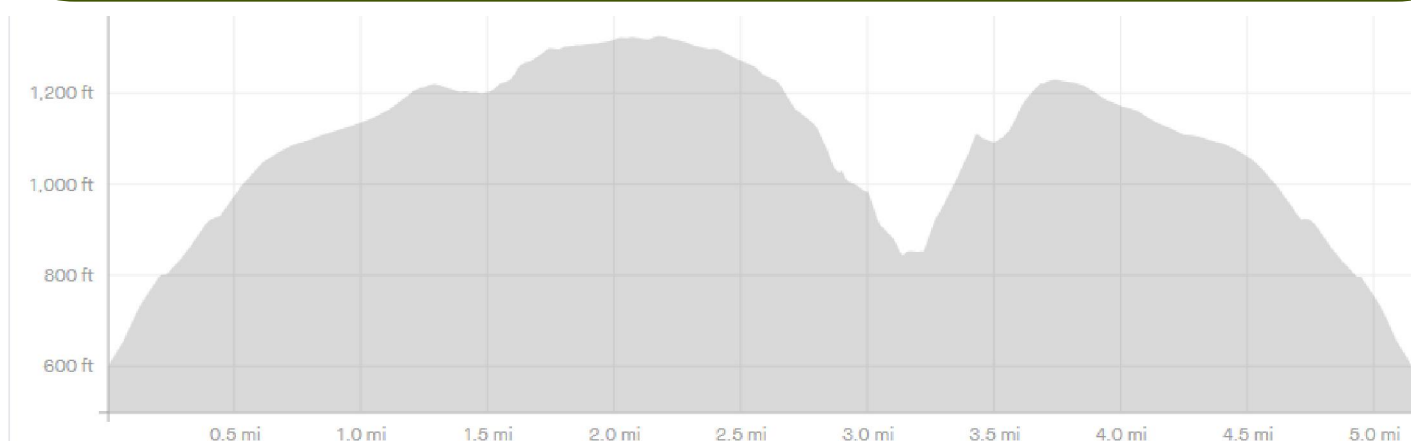
£5.00 on the day only

**5 miles (8.04km) / 1250ft
(381m)**

The race is licensed by the FRA under UKA rules. FRA mandatory minimum kit is compulsory including waterproof full body cover (with taped seams & integrated attached hood) + hat (**NOT A BUFF**) + gloves + appropriate map + compass (not out of a Christmas cracker!) + whistle.

Last minute change after Ilkley Moor changed dates - if you forgot to enter the Hudds 10k, or didn't fancy the roads, then this will be for you! Standard Colne Valley Fell Runners race - up, down, fast and hard!

Straight up from the off - if it's muddy you'll know about it! A mile of steep climb will get you to the top of Crow Hill, but then you're off climbing again before CP2 and a sharp right (NNE), hit the highpoint and start back down, drop like a stone to click over 3 miles and find CP4 at Spa Wood before starting up again for a torturous 3/4 mile to CP5 and take the fast line away from the trodden path until you get back to a familiar point at Brownhill where you're giving anything you have left for the line. The finish is an ankle biter as the field is usually churned up but worth giving it the guns where you'll be rewarded with a pint of milk at the finish line!
<https://www.cvfr.co.uk/races/midgley-moor/>



Meet The Runner

How Long Have You Been At Meltham AC:

Road, Trail or Fell:

Favourite Race Memory/Which Race is First on your Calendar and Why: :

What Race Would You Love To Do:

Who is Your Running Idol/Influence:

Best Racing Tip:

We're always looking for runners to meet—send your responses to Jeff at club or on email.

Team Championships

Teams were drawn, as per tradition, at the first pub run of the season - members who expressed a wish not to be involved were removed, everyone else was seeded and here we are...

Scoring this year will be as follows:

Marsden 10 09/06 - 10 mile Trail Race
Joe Percy 12/06 - 10k Road Race
Denis Stitt 08/08 - 6k Fell Race
Utterley Butterley 22/09 - 8k Trail Race
Huddersfield Road Runners 10k 23/02 - 10k Road Race

Scores are as normal Championship - gender split, starting at 12 points for first club member back, 11 for second etc down to a guaranteed one point should there be more than 12 on the day. However, teams are made up of 4 members and only three will score, so should all 4 members race then the lowest score will be removed.

Parkrun Parkrun Bingo

New to this year - a minileague of Huddersfield Greenhead Park Parkruns; this means that the Team scores will remain 'Live' throughout the year. Same scoring as per normal races, the minileague is included in the regular Sunday email so you know what times to chase for points.

'Bingo Bonus' - a vertical or horizontal line on the Bingo card will award a 5pt bonus - only one bonus will be awarded, even if multiple lines are completed. 10 point bonus if the full card is completed.

New members can be added to teams as they join through the year, however, race results will not be backdated (including parkrun).

At the end of the year the winning team receive a shield and the person who scores the most individual points is crowned 'Most Valuable'

Any questions, just ask.

Team	Parkrun	Marsden 10 (09/06)	Joe Percy (12/06)	Dennis Stitt (08/08)	Utterley Butterley (22/09)	Total	Team To- tal
Penny Ditchfield	0	0	0	0	0	0	88
Sarah Brewer	11	11	11	0	12	45	
Alice Buttle	7	10	0	12	11	40	
Leah Swallow	1	0	2	0	0	3	
Ally Young	1	0	0	0	0	1	67
Robin Stewart	0	3	2	0	7	12	
Steve Whalley	2	0	1	6	11	20	
Dan Greenwood	11	0	11	12	0	34	
Tony McCarthy	0	0	0	0	0	0	65
Caroline Hoath	12	12	12	0	0	36	
Jeff Miller	0	4	1	9	10	24	
Paul Gandy	1	0	1	0	3	5	
Nige Thomas	7	5	1	0	9	22	60
Sam Bolton	0	0	0	0	0	0	
Brian Hutson	5	8	3	10	0	26	
James Stables	0	7	5	0	0	12	
John Gray	1	1	1	4	4	11	55
Christian Lloyd	0	0	0	0	8	8	
Sara Lewis	10	8	8	0	10	36	
Rachel Tomlin- son	0	0	0	0	0	0	
James Young	1	0	0	0	0	1	55
Pete Dukes	9	10	7	0	0	26	
Andy Essex	0	0	0	0	5	5	
Martin Bayliss	8	6	1	8	0	23	
Catherine Thompson	9	9	10	0	0	28	53
Zena Whalley	1	0	5	0	5	11	
Sharon Whit- worth	3	2	4	0	0	14	
Mark Cope	0	0	0	0	0	0	

Team	Parkrun	Marsden 10 (09/06)	Joe Percy (12/06)	Dennis Stitt (08/08)	Utterley Butterley (22/09)	Total	Team Total
Paul Elliott	6	0	4	7	0	17	53
Ruth Thomas	4	5	6	0	8	23	
Steve Randall	1	0	1	5	6	13	
Steve Perren	0	0	0	0	0	0	
Katie Hollingworth	0	0	0	0	0	0	50
Tom Whitworth	12	12	12	0	0	36	
Hannah Andrews	0	3	0	0	0	3	
Steph Bailey	5	6	0	0	0	11	
Mark Hoath	3	9	6	0	0	18	45
Gilly Markham	1	0	0	0	7	8	
Mark Crowe	0	0	0	0	0	0	
Tony Daniels	10	0	9	0	0	19	
Rebecca J	6	0	9	0	9	24	48
Josh Elliott	0	0	X	0	0	0	
Graeme Lee	0	1	1	0	0	2	
Anita Traynor	8	7	7	0	0	22	
Anna Hazelton	2	0	3	0	6	11	35
Andy Whitworth	1	11	10	0	0	22	
Tina Crowe	0	0	0	0	0	0	
Julian Suanders	1	0	1	0	0	2	
Susan Sheehan	0	4	0	0	0	4	24
Matthew Potter	4	2	0	0	0	6	
Steve McFarlane	0	0	0	0	12	12	
Allie Lamb	1	0	1	0	0	2	
Giles Bailey	0	0	8	11	0	19	21
Marta Rocamora	1	0	0	0	0	1	
Seton W	0	0	0	0	0	0	
Lesley Willis	1	0	0	0	0	1	



January Update – Races 46-51

With just one month and five parkruns to go the championship top three look like they are done and dusted for the year with Tom 16 points ahead of Dan, who is 30 points ahead of Anita, who has an 18 point cushion on the chasing pack. We have three runners who have attended more than 40 parkruns in the year and Leah could make the magic half-century of parkruns in the year if she gets a full house of runs in February.

January Best Times: Dan Greenwood 18:15

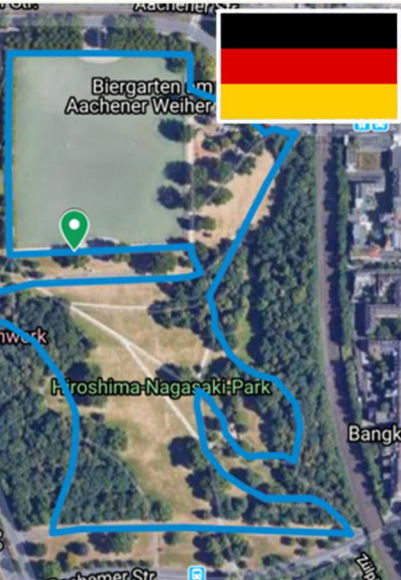
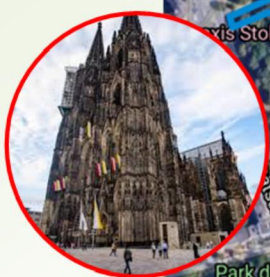
Catherine Thompson: 23:27

Name	Runs	Time	Atten	PB	Total
Thomas Whitworth	30	231	220	1	452
Dan Greenwood	26	220	216	0	436
Anita Traynor	26	183	216	7	406
Nigel Thomas	43	153	233	2	388
Catherine Thompson	26	168	216	0	384
Martin Bayliss	27	164	217	2	383
Graeme Lee	33	155	223	2	380
Ruth Thomas	40	140	230	0	370
James Stables	31	144	221	3	368
Paul Elliott	29	140	219	7	366
Steve Whalley	32	135	222	8	365
Anna Hazelton	28	129	223	6	358
Sharon Whitworth	38	106	228	0	334
Zena Whalley	32	97	222	5	324
Leah Swallow	45	43	235	4	282
Julian Saunders	22	61	212	3	276
Paul Gandy	34	43	224	0	267
Pete Dukes	16	120	136	0	256
Alice Buttle	16	109	136	0	245
Steve Randall	21	26	211	1	238
Allie Lamb	26	2	216	5	223

Name	Runs	Time	Atten	PB	Total
Sarah Brewer	12	130	78	3	211
Jeff Taylor	19	4	190	0	194
Matthew Potter	13	75	91	0	166
Lesley Willis	12	59	78	5	142
John Gray	14	29	105	6	140
Tony Daniels	9	83	45	0	128
Gilly Markham	10	40	55	1	96
Laura Tiffany	8	14	78	2	94
James Young	6	54	36	1	91
Andy Whitworth	6	36	21	0	57
Sara Lewis	5	38	15	3	56
Ally Young	9	5	45	2	52
Caroline Hoath	4	36	10	1	47
Steph Bailey	5	31	15	0	46
Mark Cope	5	21	21	0	42
Mark Hoath	4	25	10	2	37
Andrew Potter	8	0	36	1	37
Brian Hutson	3	24	6	0	30
Jeff Miller	3	14	6	1	21
Marta Rocamora	3	3	6	0	9
Rebecca Johnstone	1	8	1	0	9

Postcards from a MAC parkrun tourist

Aachener Weiher



Post Card



parkrun: Aachener Weiher

Location: Cologne

First Run: 23rd March 2019

From Meltham: 560 miles

Fastest Man: 16:44

Fastest Woman: 18:44

Average Runners: 38

Max Runners: 69

Terrain: Trail

Café: Kawa

MAC Runners: 1

Greetings MAC runners,
For 2020 I am embarking on a hypothetical international alphabet challenge starting at the Aachener Weiher parkrun in Cologne, Germany. Run in the Hiroshima-Nagasaki park, which is located on the western fringe of the city, it features two laps through the pleasant and undulating park before a long flat finish around the Aachener Pond.
MAC parkrun tourist



Every week our good friends at parkrun provide a consolidated report of Meltham runners

Males are presented in actual position and Females in gender position

Week 46 & 47 – 1 Jan			Week 48 – 4 Jan			Week 49 – 11 Jan			Week 50 – 18 Jan			Week 51 – 25 Jan		
70	Paul G	30:00	82	Nigel T	22:45	37	Sharon W	30:01	313	Leah S	52:18	31	Pete D	20:45
91	Paul G	30:26	39	Ruth T	25:51	11	Dan G	18:34	13	Pete D	23:17	38	Martin B	21:06
190	Allie L	37:36	39	Allie L	33:14	25	Pete D	20:53	29	Jeff M	24:51	6	Catherine T	23:27
281	Allie L	35:48	6	Dan G	18:16	29	Martin B	21:11	30	Paul E	25:00	251	Allie L	36:12
54	Andy W	24:42	191	John G	25:54	14	Catherine T	24:42	38	Nigel T	25:33	14	Nigel T	22:56
73	Steve W	26:04	337	Steve R	29:10	20	Anna H	25:16	58	John G	28:01	7	Ruth T	25:40
25	Zena W	30:06	381	Jeff T	29:51	285	Allie L	38:54	15	Ruth T	30:15	90	Laura T	30:46
34	Sharon W	31:01	239	Leah S	36:57	24	Lames S	22:20	74	Paul G	27:51	207	Mark C	23:35
10	Dan G	18:15	166	Paul G	29:32	96	Paul G	28:27	Parkruns: Woodhouse Moor Storthes Hall Penistone			17	James S	25:18
55	Pete D	20:55	30	James S	22:22	29	Leah S	30:34				76	Leah S	33:37
170	Steve W	24:04	2	Thomas W	20:53	28	Steve W	23:25				6	Paul E	24:36
182	Andy W	24:17	3	Andy W	22:08	10	Zena W	27:49				17	Josh E	27:01
33	Catherine T	25:02	29	Steve W	26:36	13	Jeff M	25:10				21	John G	27:23
34	Anna H	25:09	12	Zena W	30:56	32	John G	29:12				50	Julian S	26:02
227	John G	25:10	20	Laura T	32:42	18	Laura T	33:09				15	Sharon W	29:07
278	Julian S	26:04	30	Sharon W	35:56	21	Nigel T	23:56				117	Paul G	29:20
75	Steph B	27:26	Parkruns: Hull Rosliston Huddersfield Macclesfield Fletcher Moss Storthes Hall			8	Ruth T	26:33				Parkruns: Huddersfield Sheffield Castle Penrith Stretford Ludlow Armley Storthes Hall Penistone Beverley Westwood		
88	Zena W	28:04				Parkruns: Barnsley Huddersfield Wythenshawe Queen’s Temple Newsam Glossop Storthes Hall Millfield								
197	Sharon W	31:03												
307	Leah S	34:40												
Parkruns: Swaffam & Loch Neaton Rosliston & Conkers Chadderton Hall Huddersfield														

Aachener Weiher, Alexandra, Alstervorland, Armley, Ashton Court, Bakewell, Banbury, Beverley Westwood, Bolton, Bradford, Bramley, Braunstone, Brighouse, Burnage, California Country, Castle Howard, Catterick, Centre Vale, Chadderton Hall, Cliff Castle, Clitheroe, Colby, Conkers, Conwy, Conyngham Hall, Cross Flats, Croxteth Hall, Cusworth Hall, Dalby Forest, Darlington South Park, Dewsbury, Dinton Pastures, Ellesmere Port, Erddig, Etna, Exeter Riverside, Father Collins, Fell Foot, Fletcher Moss, Forest of Dean, Fountains Abbey, Frickley Country, Glossop, Girvan Prom, Goole, Hampstead Heath, Hastings, Henley-on-Thames, Heslington, Higginson, Huddersfield, Hull, Ipswich, Isabel Trail, Jersey Farm, Jesmond Dene, Jezioro Górne, Krakow, Lac de Divonne, Lancaster, Llanerchaeron, Loch Neaton, Ludlow, Lyme Park, Meadowmill, Middleton Woods, Milano Nord, Mile End, Millfield, Millhouses, Morecambe Prom, Mount Stuart, Myrtle, Nant y Pandy, Newborough Forest, Nobles, Northallerton, Nostell, Oakwell Hall, Oldham, Oriam, Park Miejski Wejherowo, Parke, Penistone, Pennington Flash, Penrith, Peterborough, Pollock, Pontefract, Portobello, Potternewton, Princes, Queen Elizabeth, Queen's, Ramée, Raphael, Roma Pineto, Rosliston, Sale Water, Seaford Beach, Seaton, Selby, Severn Valley Country, Sewerby, Sheffield Castle, Storthes Hall, Stretford, Swaffam, Swansea Bay, Tawd Valley Uppsala, Upton Court, Upton House, Vääksyn kanava, Valentines, Watermeadows, Whinlatter Forest, Woodhouse Moor, Victoria Dock, Westpark, Windhoek, Woodhouse Moor, Wythenshawe, York, Zamek w Malborku





JANUARY MONTHLY HIGHLIGHTS

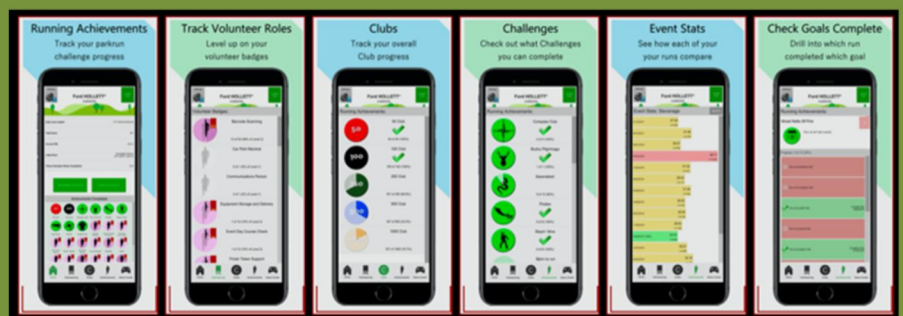
The concept of parkrun on New Year's Day has probably changed a lot of people's approach to new year's eve festivities, especially when it is the only day of the year when you can do a parkrun double. Indeed many neighbouring parkruns coordinate their start times to encourage a new year's day double. This year saw 6 MAC runners double up. Paul Gandy made his way to Swaffam before heading 12 miles down the road to Loch Neaton for his second parkrun. Meanwhile Allie Lamb was running at Rosliston before jumping in the car to journey 5 miles east to Conkers. Closer to home Steve and Zena Whalley and Andy and Sharon Whitworth were running at Chadderton Hall before heading back over the Pennines to run Huddersfield, where they were joined by another 8 MAC runners to welcome in 2020. Well done to everyone that made it up for a new year parkrun.

Alphabet A-Z – done and dusted for Paul Gandy

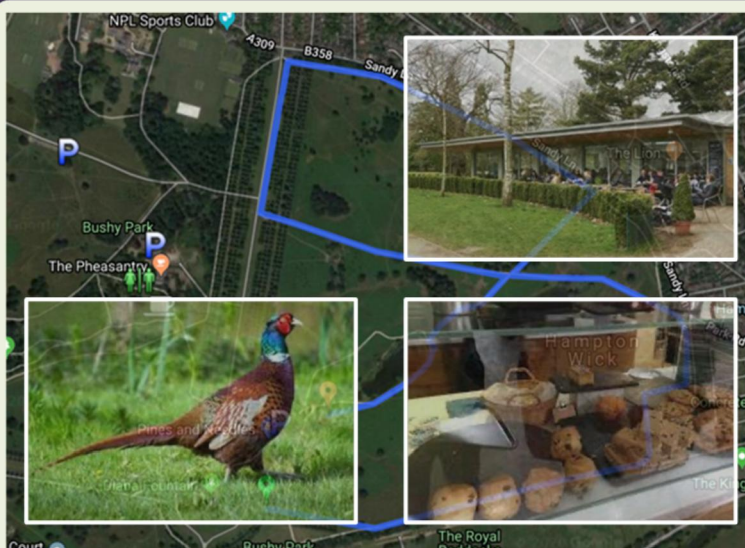
Well done to Paul who ventured over to Belfast to participate in Queen's parkrun to complete his A-Z

Parkrun challenges – Keeping abreast of your achievements

For those of us chasing the many and varied parkrun challenges the following two links will be interesting. Running Challenges is for use on Google Chrome and Firefox browsers (www.running-challenges.co.uk) Running Achievements is an iPhone app (<https://apps.apple.com/gb/app/id1478043600>)



parkrun café of the month



Bushy Park – The Pheasantry

Home of parkrun Bushy Park regularly attracts more than a thousand runners per week. Given a lot of those are likely to be tourist parkrunners a good café in close proximity is a must. Fortunately The Pheasantry is just that and is located within 500m of the finishing line and comes with indoor and outdoor seating.

The locally roasted single origin coffee beans are hand crafted into your favourite tippie by trained baristas. After a parkrun there is nothing like a decent hit of sugar and the on-site bakery ensures that each cake is as fresh as it can be. All food is homemade and prepared using only local and artisanal produce.



Age Grade % & Fastest Times

Anna and John post almost identical personal bests to be the only movers in January. Both just a smidgen off a sub-25 minute parkrun – good luck to both on gaining some extra speed to break the sub-25.

NOTES

International Runs – No international runs to report

Most parkruns – Six out of six for Paul Gandy

Well done to Paul G, Allie, Steve W, Zena W, Andy W and Sharon for doing the New Year's Day double.

Year Fastest Times (W)	Time
Caroline Hoath	19:45
Sarah Brewer	21:10
Alice Buttle	21:49
Anita Traynor	22:41
Sara Lewis	22:43
Catherine Thompson	22:45
Sharon Whitworth	24:02
Ruth Thomas	24:04
Rebecca Johnstone	24:09
Steph Bailey	24:49
Anna Hazelton	25:09
Zena Whalley	26:08
Gilly Markham	26:58
Lesley Willis	27:06
Leah Swallow	27:18
Laura Tiffany	28:23
Marta Rocamora	31:00
Allie Lamb	32:48

Well done to Anna on improving her season's best with a new PB of 25:09. That is good going and only a 2 second improvement per kilometre required for a sub-25 minute parkrun.

Year Age Grade Best	%
Tony Daniels	80.17%
Dan Greenwood	79.78%
James Young	79.60%
Martin Bayliss	79.40%
Anita Traynor	78.77%
Thomas Whitworth	78.51%
Caroline Hoath	78.48%
Jeff Taylor	76.33%
Sarah Brewer	75.04%
Nigel Thomas	75.02%
Ruth Thomas	74.24%
Gilly Markham	74.04%
Pete Dukes	72.48%
Graeme Lee	71.63%
Paul Elliott	71.03%
Steve Whalley	70.58%
Andy Whitworth	70.18%
Sharon Whitworth	68.93%
Brian Hutson	68.76%
Alice Buttle	68.75%

No changes on the age-grade for January.

Year Fastest Times (M)	Time
Thomas Whitworth	16:59
James Young	17:24
Dan Greenwood	18:03
Tony Daniels	19:40
Pete Dukes	20:21
Martin Bayliss	20:33
Mark Hoath	20:41
Graeme Lee	20:55
Nigel Thomas	21:01
Paul Elliott	21:17
Andy Whitworth	21:21
James Stables	21:23
Brian Hutson	21:27
Matthew Potter	21:30
Steve Whalley	21:35
Christian Lloyd	22:08
Steve Randall	24:06
Julian Saunders	24:40
Jeff Miller	24:43
John Gray	25:10
Josh Elliott	26:04
Jeff Taylor	28:14
Andrew Potter	30:06
Tim Potter	46:40

Well done to John Gray on improving his season's best with a new PB of 25:10 – 11 seconds needed for a sub-25.



First or closest to 30 ODDS takes the parkrun BINGO crown

Sharon Whitworth	18	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Leah Swallow	15	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Julian Saunders	14	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Nigel Thomas	14	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Thomas Whitworth	14	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Martin Bayliss	13	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
James Stables	13	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Steve Whalley	12	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Graeme Lee	12	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Pete Dukes	11	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Paul Gandy	11	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Allie Lamb	11	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Ruth Thomas	11	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Anita Traynor	11	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Paul Elliott	10	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Catherine Thompson	10	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Zena Whalley	10	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Dan Greenwood	9	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Anna Hazleton	9	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Jeff Taylor	9	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Steve Randall	8	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Sarah Brewer	7	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Lesley Willis	7	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Alice Buttle	6	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Tony Daniels	5	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Andrew Potter	5	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Matthew Potter	5	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
Laura Tiffany	5	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
James Young	5	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
John Gray	4	01	03	05	07	09	11	13	15	17	19	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
MAC Combined		16	9	10	7	8	16	5	12	15	11	12	15	10	8	10	10	10	14	8	13	9	8	9	10	16	9	7	13	10	5

TOTAL RUNS

736

ODDS

315

EVEN'S
& Duplicates

421

Sharon looks set to be the Bingo Queen for this season with a lead of three but with five parkruns to go there are still chances for 6 runners to take top or joint top position. Big ODD month for Pete Dukes with four Bingo scores shooting him up the table. Frustration for many others with duplicate times foiling their attempts to take the Bingo crown.

Overall a below par month for odds with only 32 of our 77 runs giving an odd result

DESPATCHES

I know people ran more races than just the Trigger and Hebden 22...but if I don't know the details I can't report it.

jeffmilleruk@gmail.com

If you want to write a report - smashing. If you don't just tell me who, what and where and I'll do the rest...



Talk to me...or I'll send these two round to eat all your cakes...

FEBRUARY CHAMPIONSHIP RACES



Road and Trail

16th - Great North West Half
23rd - Huddersfield 10k (sold out)

Fell

23rd - Midgley Moor

All Races -

Pease always state you run for
Meltham AC on race applications

Been racing?

I've seen the new souvenir T Shirts being paraded around....but I can't be everywhere, so tell us about it - write a report, or just let me know and I'll make you a star for a month...



VOICE OF THE BEEHIVE

NON RACING NEWS FROM MELTHAM AC

A section of the Newsletter for Non Race Information about Meltham AC.
If you have anything you think your colleagues should know about -
please let us know or email at OTSLMAC@Hotmail.co.uk

THIS WEEK'S CLUB NIGHTS

TUESDAY - 3 groups - 7.15 pm
THURSDAY - 1 Group - 7.00pm

Membership

None new...

The Month Ahead

4th

Club Night - Off Road (with road option)

Committee—8.45 (all welcome)

6th

Club Night - Single group - 7pm

11th

Club Night - Road (with off-road option) - 7.15 (Possible Pub Run)

13th

Club Night - Single group - 7pm

18th

Club Night - Road (with off-road option) - 7.15

20th

Club Night - Single group - 7pm

23rd

Midgley Moor
Huddersfield 10k

25th

Club Night - Road (with off-road option) - 7.15

27th

Club Night - Single group - 7pm

Upcoming Dates

3rd March - AGM - get involved in the running of your club

20th March - Presentation Night—get your sharpest duds out for the fanciest night of the year!

24th March - Get your cheque books out and pay your subs, tick some boxes and get ready for another year of MAC fun!

A Busy Weekend in May

On the 16th May is the 'CRO' Clapham Circuit—the 12 mile route of the larger 'Ingleborough Marathon'. This is a fundraiser for the Cave Rescue Organisation - the team that helped one of our own when Steph Bailey had a nasty fall last year.

<https://crochallenge.wordpress.com/>

Think of it as a 'warm up' for the Calderdale Way Relay on the 17th. We will be entering a 'Ladies Team' this year, and potentially 2 more open teams as well! If you want more details—just ask....!

Shoe code...



Sportshoes.com January discount code is JMJ9 – valid until 3rd February 2020 - Don't forget this is for us only - don't share it about and also support your locals where you can.

Can't wait for the next issue?

Stay up to date via the official website www.melthamac.com
or Twitter @melthamac - join us on Facebook
www.facebook.com/groups/melthamac/

So Long Sam...

...the man who once painted his shoes Green and Purple,
one time Fell Handicap winner,
two time Leg 3 Billy Bland Runner,
three time Calderdale Way Relay runner,
...is leaving us.

He's joining Marsden Racers, as a more local club for him, so we're sure to see him about and we wish him and his new club well. Sam has always been someone who injected fun and enthusiasm into his running; he once ran 50 miles as a 'pacer' to Nick Thompson on one of his 100 milers; led James Young to the edge of a precipice in the Lakes and turned a 13 mile recce into a full marathon by insisting we run there and back again...whilst spending half the time pointing out random foliage in the woods...we'll miss you Sam!

