

Imminent



December 04



Cross country – KCAC makes its mark

West Yorkshire Cross Country League - Race 4 of 4, Thornes Park, Wakefield – 4th December, by William Smith, Cross Country correspondent

This was the big one of 2004! The final race of the West Yorkshire League. Ladies fighting for 2nd place, Men fighting for 3rd and the whole club going for gold in the overall championship!

The course was perfect! The ground was mainly firm, with long stretches of fast flat running, one steady hill and two short sharp hills. Thomas Sessford finished his 2004 campaign in modest style with a 5th position. Thomas was obviously giving the other boys a chance to be in the limelight knowing that he had 2nd place in the bag for the overall league. Well done Thomas, we're all very impressed and looking forward to seeing you in the big races after Christmas!

In the under 15 boys race David Hughes finished the league off in fine style with his best performance to date. David's first result at Shipley was 21st, he then came 12th, then 11th and finished with an awesome 7th in this final event. These results left David with an overall result of 10th. An excellent first season from our newest junior member! William Bogle also raced in the under 15 boys finishing 31st. A good result, but I know William is looking forward to the Track & Field season to show everyone what an excellent sprinter he is!!

Next up, the Ladies. Just 2 points in front of 3rd place so we needed another top performance. Helen Glover was well under the weather so this time it was down to Tizz Woffenden and Liz Tomes to bring the Ladies team on. The track work really seems to be working for Tizz and Liz who finished in a very respectable 13th and 19th position. Helen then struggled into 28th place with Cath Fawcett just behind in 29th. Debbie Spurr finished in 41st with Rachael McEnery completing the team in 47th position. A big thanks to Rachael who has improved massively with every race and has made a really big difference to our overall club points. These results were just enough to give the Ladies an overall Silver medal. This really puts our Ladies team on the map for the big races next year! Special mentions must go out to Helen and Liz who won gold and Tizz who won Silver in the individual league for their age groups.

The final race of the league was the Senior Mens. A low turn out for the men (10) meant that the prospect of 3rd overall was out of the window, but the race was still as tough as ever with the club champs still to play for. With Lloyd Kellett out of the race due to illness, all the lads new they had a chance to get some good points and move up the championship ladder.

Will Smith made the first move taking the race on right from the start but as ever, Loz Hellawell and Zip Jones made the most of their terrific pace judgement and came through to join Will in the 2nd of 4 laps. Loz, the 43 year old club record holder, showed that he was at

his peak by moving ahead of Will and Zip in the 3rd lap and eventually finishing in 20th position. Will and Zip battled hard but knew that their average fitness was not going to be enough to beat the main man! They had to settle for 2nd and 3rd counters (25th & 26th) with only 1 second between them! Meanwhile, Shaun Wilkinson, Steve McDermott and Liam Spencer were fighting hard for those important points. Shaun made it in as 4th counter in 56th position with Steve McDermott showing that he is getting stronger with every race by beating one of our best club men, Liam Spencer. They were 78th and 83rd respectively.

Pete McDermott and Russ Fairhurst had another exciting battle. Pete just managed to fend off Russ beating him by just 17 seconds. They were 103rd and 110th respectively. The line up was completed by Dave Ramsden and Pete Bramham who were 118th and 129th, with 166 finishers, these are very respectable finishes.

Unfortunately, the men only managed to get 7th in the mens league but in the overall club league, Keighley and Craven were first by over 1400 points! This incredible achievement was down to strength in depth! K&CAC were the only club to have 6 women scorers and 9 men scorers in all 4 races. Seeing more Keighley vests than any other club in one of the hardest leagues in the country makes people realise what a strong club we really are!! Well done to everyone who competed for the strongest West Yorkshire club!!!

The following members have been entered into the North of England XC Champs at Consett on 29th January 2005 and anyone else who wants to race should contact their captains.

Ladies

Liz Tomes	Tizz Woffenden
Fiona Raby	Cath Fawcett
Rachael McKenrie	Debbie Spurr
Helen Glover (U20)	Kali Taylor
Amber Taylor (U13)	Jill Harrison (U17)

Men

Lloyd Kellett	Loz Helliwell	Liam Spencer	Zip Jones
Chris Loftus	Damian Scholes	Shaun Wilkinson	Daz Brame
Pete McDermott	Steve McDermott	Russ Fairhurst	Tony Knowles
Paul Crabtree	Jonnie Butler	John Dennis	James Callaghan
Ady Thomas	Richard Taylor	Sam Cann	Gerard Gill
William Bogle (U15)	Thomas Sessford (U13)	Steve Curtis	David Hughes (U15)
Will Smith			

Club Championships interim update,(subject to verification, these are the latest results. The final championship fell race has not yet been incorporated)

Men

	Road - open	Points	Fell –open	Points
1st	Sean Wilkinson	143	Adrian Thomas	135
2nd	Steve Curtis	140	Paul Hindle	132
3rd	Russ Fairhurst	131	Paul Crabtree	131
4th	Will Smith	120	Tim Clegg	129
	Road – age-related	Points	Fell –age-related	Points
1st	Steve Curtis	144	Tony Minikin	143
2nd	Sean Wilkinson	137	Tim Clegg	135
3rd	Tony Minikin	118	Paul Hindle	128
4th	Russ Fairhurst	118	Sean Wilkinson	123

Women

	Road – open	Points	Fell –open	Points
1st	Liz Tomes	115	Chris Preston	39
2nd	Michelle Havers	72	Rachael Sharples	35
3rd	Debbie Spurr	59	Helen Glover	34
4th	Tizz Woffenden	51	Tizz Woffenden	33
	Road – age-related	Points	Fell –age-related	Points
1st	Liz Tomes	127	Chris Preston	41
2nd	Michelle Havers	73	Rachael Sharples	37
3rd	Debbie Spurr	57	Helen Glover	31
4th	Cath Fawcett	53	Freda Tate	25

Calderdale Way Relay – a successful day out

On the 12th December, 98 teams of 12 competed in the 21st Calderdale Way Relay. As in previous years, Keighley and Craven polled its members for interest and was able to enter 5 teams (that's 60 people folks) yet again. This puts us in the vanguard of the top participating clubs: Clayton managed 8 teams, Horwich 5, Bingley, Rossendale and Dark Peak all managed 4 teams. Given our small size as a club, this was a tremendous effort by all concerned, especially by the team captains, who have to marshall runners, experienced (but often crocked) and inexperienced alike.

All the teams put in commendable performances – our A team (comprising nearly all men!) was 16th overall, Mens' Vets A was 19th overall / 4th Vets, Mens' Vets B 58th overall / 11th Vets, Ladies 74th overall / 5th Ladies, and lastly our mixed team was 81st. And we didn't get disqualified or mentioned in dispatches!

Wimmin on the Calderdale

Keighley's Wimmin tackled the Calderdale Way Relay in their own inimitable style and came 5th out of twelve female teams. The following are the highlights in a report by Tizz Woffenden:

Leg 1 Tizz 'n Liz

The well known dynamic duo made a tremendous start to the event by arranging for Tizz to get there on time – a real bonus! Both ran well to get us in 3rd ladies position behind Holmfirth and Horwich. Hand rails will be fitted to descents for Tizz next year!

Quotes of the Leg: Tizz: "I really like the Circles"
Liz: "Sorry!"

Leg 2 Helen & Kali

The Penelope Pitstop of K&CAC put her fell descending to the fore as Kali "tri"-ed to keep up on the downhill bits. Both enjoyed the experience of not getting lost and suddenly finding themselves in Todmorden!

Quotes of the Leg: Helen: "Yeah! It was OK!"
Kali: "Yeah! It was OK!"

Leg 3 Jacqui & Rachael M

A great performance from a new pairing who were observed waving cheerfully to supporters near the end of this steep and arduous leg. Rachael, who had only just got over the experience of dancing with Liam at the club do, was expertly accompanied by evergreen Jacqui!

Quotes of the Leg: Rachael: "Does Liam always dance like that?"
Jacqui: "Except when he's doing the Full Monty!"

Leg 4 Rachael S & Carole

A solid performance from yet another virgin pairing! The effort was some twenty-two-and-a-half hours too short for Rachael and Carole was looking to jump on a bike after 10K.

Quotes of the Leg: Rachael: "Have we started yet?"
Carole: "Can you see my bike?"

Leg 5 Cath & Fiona

Fiona had the challenge of following in the footsteps of legendary Cath Fawcett and did so with aplomb. She also discovered the terrors of the "Sainsbury's Sprint", the point at which Cath racks up the pace near the end of a run (usually up a hill) when she realises she's due on the checkout in forty minutes' time!

Quotes of the Leg: Cath: "Do you want any cash back?"
Fiona: "Uuuuuuurghhhh!!"

Leg 6 Debbie & Heather

A pair notable for their happy intra-club relationships spent a contented 100 minutes-or-so having a natter round Brighouse. Another solid anchor performance brought the Wimmin home in 8:20:26, 5th Ladies team and 74th team overall.

Quotes of the Leg: Heather: "Have you h.....?"
Debbie: ".....and then I said to Nev that I'd have to have some spinach before finishing my muesli as I need more iron before I...." (this article had to be cut to save space, Ed)

Halloween Howler

In a scoop for the Imminent, Jacqui Foster tells us what she gets up to when she's not chatting up senior citizens on the fells.

As we all know, at Halloween, children call at people's houses to take part in the traditional 'trick or treat' activity. Simple enough you might think, but I misunderstood the meaning of this and instead of the 'give us a treat or we will trick you scenario', I thought it was up to me to give them either a trick **or** a treat.

Therefore, come 31 October 2004, I had a selection of treats (sweets) and tricks (brussel sprouts), which I merrily handed out, calling them witches golf balls! I even gave them to my next-door neighbour's children whilst she watched on.

I did hear/notice two lads (about 9yrs old) discussing proceedings, one of them saying to the other in incredulous tones 'here, did that woman just give you a brussel sprout?', to which his mate replied 'yes' and then they both proceeded to throw their sprouts across the estate into someone's garden! How ungrateful I thought!

It was only a couple of days later whilst discussing this with work colleagues and seeing them roll about laughing, that I discovered my faux pas. Oh dear, what would the neighbours think, particularly as I had had about a dozen knocks on the door most of them from local (too local) children.

But there is a happy ending of sorts. Not long after this, I bumped into the Mum of two other boys (about 3 & 5 yrs old) who had also called. I was in the middle of explaining/apologising for my actions when she stopped me and exclaimed that her children had loved the brussel sprouts. They had ignored the sweets they had been given and had fought over the remaining one when one had been lost. In the end their father had threatened that if they didn't stop fighting over the remaining one, he would cook it and make them eat it!

She suggested I do the same again next year but wrap them up so that they would be a surprise!

PS last year I handed out small onions! PPS might be imagining things but our next-door neighbour seems to be avoiding me! Kids eh!

Junior news

We now have 98 juniors on our books as at early December, a fantastic achievement by Richard "the pied piper" Taylor and his fellow helpers. We might not see them all that often as senior members, with our separate training and racing, but these youngsters are the seed corn of the club. Thank goodness we have the age-related championships to ensure we don't get totally eclipsed by them!

Richard has already devised a junior training programme for the first 4 months of 2005; at two days a week, that's 34 different training sessions!

Junior Top Gear

Keighley and Craven are proud to promote their new Autumn and Winter range of Athletic Clothing exclusive to our Junior members. We have Hoodies, T-shirts, Raincoats and Tracksters all labelled up with our logo and some with our motto.

These items allow you to be recognised everywhere as an Athlete of the highest quality. And at these prices they won't break the bank.

Hoodies	£13.00
T-shirts	£5.00
Raincoats	£12.00
Tracksters	£10.00
Sportcamps and Keighley and Craven Raincoats	£TBA

We have the above items available in Small, Medium and Large junior sizes although the Tracksters are only Medium and Large

If you are interested and you should be please contact Richard Taylor either on Club Nights at Greenhead or on 07905 702420
Enjoy your athletic shopping

Dates for your diary

Day	Date	Event	Type
Thursday	23 rd December	Juniors' Christmas bash, Greenhead. 6:30 to 8:30pm	Social
Sunday	26 th December	Biathlon – Kildwick 11 for 11:15 start	Cycle / Run / Fun
Thursday	13 th January	Club AGM, Pop & Pasty, 7:30pm	
Saturday	15 th January	Yorkshire championships, Skipton	XC
Saturday	29 th January	North of England championships, Consett	XC
Saturday	19 th February	National championships, Birmingham	XC

Training

The following running training sessions start from our HQ at Greenhead school, Keighley

Tuesday – 6:30pm Juniors, 6:30pm Seniors

Thursday – 6:30pm Juniors, 6:30pm beginners, 6:30pm seniors, 6:30pm Ladies track session with qualified coach, 7:00pm Triathletes

Sunday – 9:30 Long run of up to 2 hours – open to all

Wednesday evenings – pub-based runs

These are based at a different pub each week in the summer, but alas, the nights have drawn in tighter than the laces on the tightest pair of fell shoes. In the winter we grace The White Lion in Kildwick with our presence – aim to depart at 6:45pm.

Swimming: Wednesdays @ Skipton Baths 8:30pm

Cycling: Sundays 9am ish, contact Tony 01535 645106