

Imminent



January 05



AGM report, for those that missed it

On the 13th January, 36 adult members of the club met at the Pop & Pasty following the handicap 5k race from Greenhead. There were a number of excellent and concise reports from various members who have been working hard to make this a great club to be a part of. In addition it was a good social event, with grub, and there was a chance to get the 2005 membership paid up, and to buy stock at reduced prices.

Pete Fisher, Chairman, welcomed members, and reported some satisfying highlights of 2004. Junior members have increased, with over 100 on the books. The men's elite team, after a while in the doldrums, is showing increasingly strong performances. We have a sound financial base, turning over in excess of £10,000 a year.

Keith Waddingham, Treasurer, ran through the accounts, drawing comparisons with 2003. The main sources of income are membership fees, coaching grants and surplus from KCAC races. While we ended up with only a small surplus at the end of the year, the club has made quite an investment in stock of athletic clothing and equipment. The club shelled out over £1500 in race entry fees, subsidised some socials, and provided a £300 donation to Upper Wharfedale Fell Rescue. Further support to charities was provided through Race for Life and the Jackie Hill Climb challenge.

John Dennis provided an update on our club HQ at Greenhead School. We are now well established at the school using this as a base for all Junior coaching, and for regular runs on Tuesday, Thursday and Sunday. Within the next 3 years, it is planned that the school will be re-built on the existing site, and the track should be upgraded in the process. John pointed out the great facilities at the school's City Learning Centre which is open on Tuesday and Thursday evenings from 6-9 pm, where IT and music equipment is available for use for £1 an hour (you can use this to catch up with news on KCAC's website if you don't have facilities at home). Members are encouraged to continue to promote the club, and John has leaflets that can be used on your noticeboards at work.

Richard Taylor, Junior Coach, gave an upbeat presentation on KCAC juniors – the future of the club. As of the AGM date, we have 105 junior members, and we regularly get 40 or so on Tuesdays and Thursdays. The juniors are finding plenty of outlets for their talent – WY Track & Field, WY Cross Country and Sportshall Athletics. Loz Helliwell is now helping with the coaching, but Richard asked for further club volunteers to help. The clubs outreach to schools and football clubs is especially impressive, and Keighley Juniors are making quite a mark in the local area.

Tizz Woffenden reported on progress with the women's squad, which has been building in strength throughout the year. There are regular coaching sessions with John Dennis on Thursday nights, and the squad were competitive at the National 6-stage relays in April. The season has been nicely topped off with an overall 2nd place in the WY Cross Country league – Liz and Helen won their respective age-groups in this competition. On the fells, the highlights were coming first in the Millennium Way Relay, and Rachael Sharples'

successful Bob Graham round. Plenty is planned for 2005, including more Fell running and competing in the Northern 6-stage relays.

Will Smith gave a report on the men's elite squad, which has been increasing in strength and depth during the year. We fielded a team for the National 12-stage relays, and have increasing numbers turning out for the WY Cross Country league – up to 30 on one occasion! Thanks to the combined efforts of both men's and women's squads, KCAC took top club spot – even though we couldn't be awarded a prize due to the fact that the women's squad were too successful. While the club has kept its existing talent, it has also attracted new elite runners, including Sean Wilkinson, Lloyd Kellett and Adrian Thomas. The squad will continue to contest the Yorkshire, Northern and National Cross Country championships.

In the remainder of the meeting, the following issues were raised and agreed by the members:

- All existing officers of the club were re-elected – all being willing to stand, and there being no additional volunteers
- Membership Fees will stay the same in 2005
- Members were requested to submit articles to the club Newsletter, whether celebrating victory, or bemoaning their bad luck

2005 Cross Country Information

These runners have been entered into the following pre-entry only races...

Northern Cross Country Champs at Consett on 29th January and...

Bradford & Halifax Cross Country Champs at Halifax on 12th February and...

National Cross Country Champs at Birmingham on 19th February...

SENIOR MEN

Darren	Brame	Lloyd	Kellett
Pete	Bramham	Anthony	Knowles
Jonnie	Butler	Christopher	Loftus
James	Callaghan	Peter	McDermott
Sam	Cann	Steve	McDermott
Paul	Crabtree	Dave	Ramsden
Steven	Curtis	Damien	Scholes
John	Dennis	Will	Smith
Russell	Fairhurst	Liam	Spencer
Gerrard	Gill	Ian	Taylor
Laurence	Hellawell	Richard	Taylor
Paul	Hindle	Ady	Thomas
Adrian	Jones	Shaun	Wilkinson

UNDER 15 BOYS

David	Hughes	Kali	Taylor
William	Bogle	Elizabeth	Tomes

UNDER 13 BOYS

Thomas	Sessford	Elisa	Woffenden
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SENIOR WIMIN

Catherine	Fawcett	Carol	Young
Jane	Kellett	Helen	Glover
Rachael	McEnergy	Jill	Harrison
Fiona	Raby	Amber	Taylor
Debbie	Spurr		

UNDER 21 TOTTY

Helen	Glover
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UNDER 17 LADIES

Jill	Harrison
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UNDER 13 GIRLS

Amber	Taylor
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The Cross Country season is going really well for K&C and the club champs has never been closer! Let's have a great club turn out to the remaining 3 races, if you are not entered you

can always come to cheer your teams on!! If you are not entered but really want to run, please call Will Smith (01274 531434) immediately to sort an entry out.

Club Championships 2004 – final positions

Compiled by club statistician, Gary Chapman

Men

	Road - open	Points	Fell –open	Points
1st	Sean Wilkinson	143	Sean Wilkinson	144
2nd	Steve Curtis	140	Adrian Thomas	135
3rd	Russ Fairhurst	131	Tim Clegg	133
4th	Will Smith	120	Paul Hindle	132
	Road – age-related	Points	Fell –age-related	Points
1st	Steve Curtis	144	Sean Wilkinson	148
2nd	Sean Wilkinson	137	Tony Minikin	143
3rd	Tony Minikin	118	Tim Clegg	139
4th	Russ Fairhurst	118	Paul Hindle	128

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

Best club times in 2004 (age-related, showing % of World record time for this distance)

Rank	Name	Actual Time	Age Related Time	% To World Record Time
1	Gerard Gill Esholt 5K	00:16:10	00:15:33	83.42%
2	Liz Tomes Abbey Dash 10K	00:40:07	00:36:33	81.85%
3	Cath Fawcett Brampton to Carlisle 10 miles	01:10:25	01:00:29	81.65%
4	Liz Tomes Blackpool Half Marathon	01:27:57	01:20:45	81.49%
5	Pete McDermott Brampton to Carlisle 10 miles	01:01:24	00:54:57	81.29%
6	Steve Curtis Esholt 5K	00:16:58	00:15:58	81.25%
7	Gerard Gill Brampton to Carlisle 10 miles	00:57:19	00:55:20	80.72%
8	Paul Hindle Esholt 5K	00:16:52	00:16:07	80.50%
9	Des Fretwell Brampton to Carlisle 10 miles	01:01:03	00:55:30	80.48%
10	Steve Curtis Brampton to Carlisle 10 miles	00:58:52	00:55:36	80.34%
11	Liz Tomes Horsforth 10K	00:40:56	00:37:18	80.21%

Our wimmin at the Yorkshire Cross Country Championships

15th January 2005. By Liz Tomes, XC correspondent

Wakefield Harriers dominated the women's race, taking the team title, with 1st, 2nd and 4th placed-runners. Only Olympic marathon athlete and Valley Strider Tracy Morris prevented a clean sweep with her 3rd place.

Six KCAC ladies toed the line, buoyed up by the motivating pre-race talk given by Will – something to do with curvaceous figures and excess facial hair! Tizz led us home in 24th place overall with a well-paced run, closely followed by Liz in 27th place. Helen found the going tough on the long and hilly course but still managed to finish 5th junior lady and 37th overall. This gave us 8th team position, only 43 points adrift of 2nd place!

Kali managed to get round despite being weighted down with a small computer on her left wrist, while Cath Fawcett had her usual strong run, and then ran home (that's the sort of dedication needed to prepare for the 3 Peaks). Rachael completed the team with a gritty run, overtaking two young girls on the final hill, and holding them at bay with a sprint finish.

2005 Club championships – your nominations!

Richard Taylor would like your suggestions on what races to include in our club championships this year.

The categories will be Road and Fell as usual, and Extreme (guideline – marathon distance or more on road, over 3 hours off road). Cross country championship races will be decided later. Please send up to 5 nominations for each to: tadge40@hotmail.com, or give Richard a call on 07903 702420.

Junior news – Team Sportshall Competition

Following the success of the Summer Sports Day in 2004. I would like to invite you to the above event on Sunday 13th Feb 2005, 1:00 pm at Greenhead Sportshall. Only £1.00 Each!

This competition is for both juniors and seniors in mixed teams of 6 competing against each other in a variety of Sportshall events. Each member of the team will compete in 1x Run, 1x Jump, 1x Throw, 1x Agility and the obstacle relay.

The events to choose from include:

Runs

2 Lap Sprint
4 Lap Sprint
8 Lap Time Trial
4 lap Hurdles

Throws

Chest Push
Seated Throw
Overhead Heave

Jumps

Standing Long Jump
Standing Triple Jump
Vertical Jump

Agility

Speed Bounce
Target Throw
Balance Beam

Each Competitor will receive points depending on their final position, so team tactics will come into play. Each team will be competing under the name of a British Athletic Hero so the pride of competing for Team Radcliffe, Team Edwards or Team Jackson etc is also important. The team at the end of the day with the most points will be crowned Keighley and Craven AC Sportshall Champions 2005.

Junior Coaching

In an effort to further improve the coaching we offer to our juniors, we have now changed the format of our sessions, a full run down of the timetable is available on the website.

This new program includes some assessment and testing days. These days are not just about testing the athletes but also assessing our coaching.

Each athlete will be asked questions and be asked to complete simple demonstrations of athletic events, these results will be recorded to show where we all need to improve.

With so many juniors, this 1 to 1 time will also allow us to get to know the athletes better and as many are involved with other sports allow us to tailor training to their needs and training needs.

These testing days will take place each month and each time the demonstrations will be different. Over time we will then build up a full athlete profile of our juniors, and also improve the coaching that we offer.

If you have any queries on this please contact me in the usual way

Enjoy your athletics

Richard

Dates for your diary

Day	Date	Event	Type
Saturday	29 th January	North of England championships, Consett	XC
Saturday	12 th February	Bradford & Halifax Cross Country Champs – Halifax	XC
Sunday	13 th February	Sportshall championship at Greenhead for Juniors and Seniors	Multi-sport
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 are still darker than the murkiest bog in Rivoock plantation. 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