

Calderdale Way Relay – 8th May 2011

What a cracking day and what a great result!!!

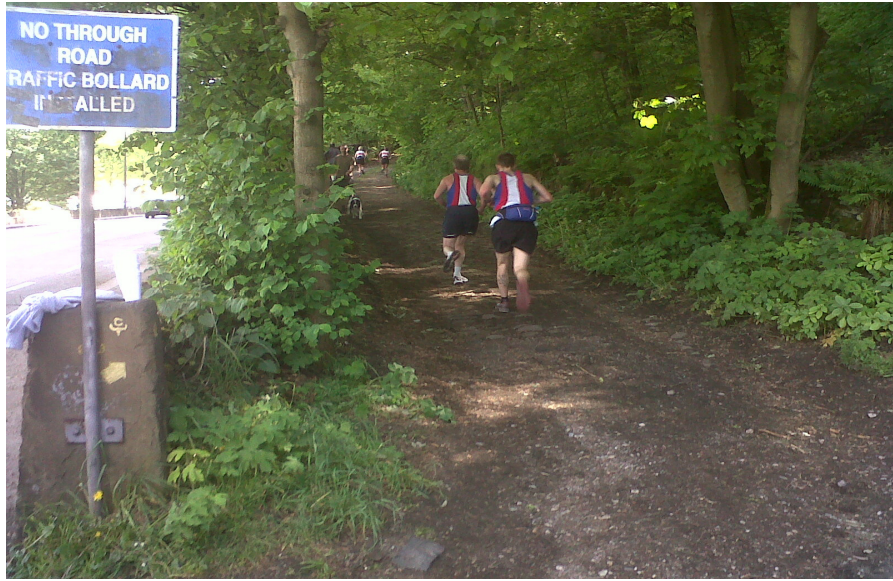
On Sunday 8th May twelve members of Retford Athletics Club travelled up to Yorkshire for the annual Calderdale Way Relay. This race is run in pairs around the 50 miles of the Calderdale Way and is split into legs of between five miles and ten miles. This area is the playground of some of the finest fell running clubs in England and eighty six teams lined up on the start at 8am.

Carrying the baton for Retford on the first leg (10.5 miles) were Steve Woodward and Dave Pickering. They had a storming run and reached the first checkpoint in a time of 1:36:55 where they handed over to Steve Wathall and Max Howard. Leg 2 starts at Cragg Vale and follows the CW to Todmorden with a compulsory detour to Stoodley Pike. For the second week running Steve Wathall took a tumble and finished the leg with bloody knees in a time of 1:19:12 but the baton was safely handed over to Kath Cook and Charmian Heaton who headed off up the hill towards Blackshaw Head. This was Kath's first introduction to fell running and having done most of her recent training on a beach she found the terrain a tad challenging but with glorious views across the valley both ladies finished the leg smiling and handed over the baton to John Sinclair and Lynda Howard in a time of 1:02:11.

With excitement mounting all the runners and supporters then headed off to the next checkpoint at Wainstalls only to realise that no-one had moved John's car up the course as previously agreed! Fortunately Max was able to take John back for his car when he and Lynda finished their 9.5 mile leg in a time of 1:47:00. The next runners to fly the flag for Retford were Dave Windle (another fell running virgin) and Terry Lovett in his first season back after a long layoff due to injury. They too had a great run through to Shelf in a time of 1:26:54 where Andy Pedley and Andy Kinsley (another member more familiar with running on tarmac) were waiting to complete the circuit through to the rugby club at West Vale in 1:28:47 and a total time of 8:40:59 earning Retford the fantastic position of 65th overall.

Retford Athletics Club is a friendly running and athletics club which caters for and welcomes both road runners and trail runners of any ability. Anyone who is interested in joining us should come down on any club night (Monday or Thursday from 06:30) to Oaklands playing field at the end of Caledonian Road. We are also planning to introduce new member sessions on the first Monday of each month.

So whether you have been inspired by the London Marathon or you just want to take up running to improve or maintain your fitness then come along to meet like minded people who will offer help support and encouragement.



Andy Pedley and Andy Kinsley on their way up the finishing straight.



Pictured from Left to Right are:

Max Howard Lynda Howard Steve Wathall Kath Cook Terry Lovett Charmian Heaton Dave Windle Andy Pedley Andy Kinsley