

WOLDS VET'S NEWS

Bad weather stops

Yorkshire County & Humberside Cross Country Championships

Due to adverse weather conditions last weekends Yorkshire County & Humberside Cross Country Championships have been postponed.

They will now be held on Saturday 20th February at Thornes Park, Wakefield, . Races will be held at the times already advertised on the prospectus.

Entered Wolds vet runners

Gary Coulam, Ian Martinson, Dave Edwards , John Green, Gary Perkins

Tracy Gibson Jane Morley Barbara Brown Claire Howard Mo Perkins

Carol Hall has had to pull out due to change of date

Northern Athletics Cross Country Championships

23/01/2010 Location: Witton Park, Blackburn

11 Wolds vets have been entered at Black Burn in the Northern XC champs

Paul Freeman, Jon Hammond, Gary Coulam, Dave Edwards

Mark Salter, Ian Martinson, John Hudson, Pete Hutchinson

Tracy Gibson Jane Morley Carol Hall

http://www.northernathletics.org.uk/FileUploads/witton_park_course_map2010b.JPG

You must run in a Club vest Black with Gold edging

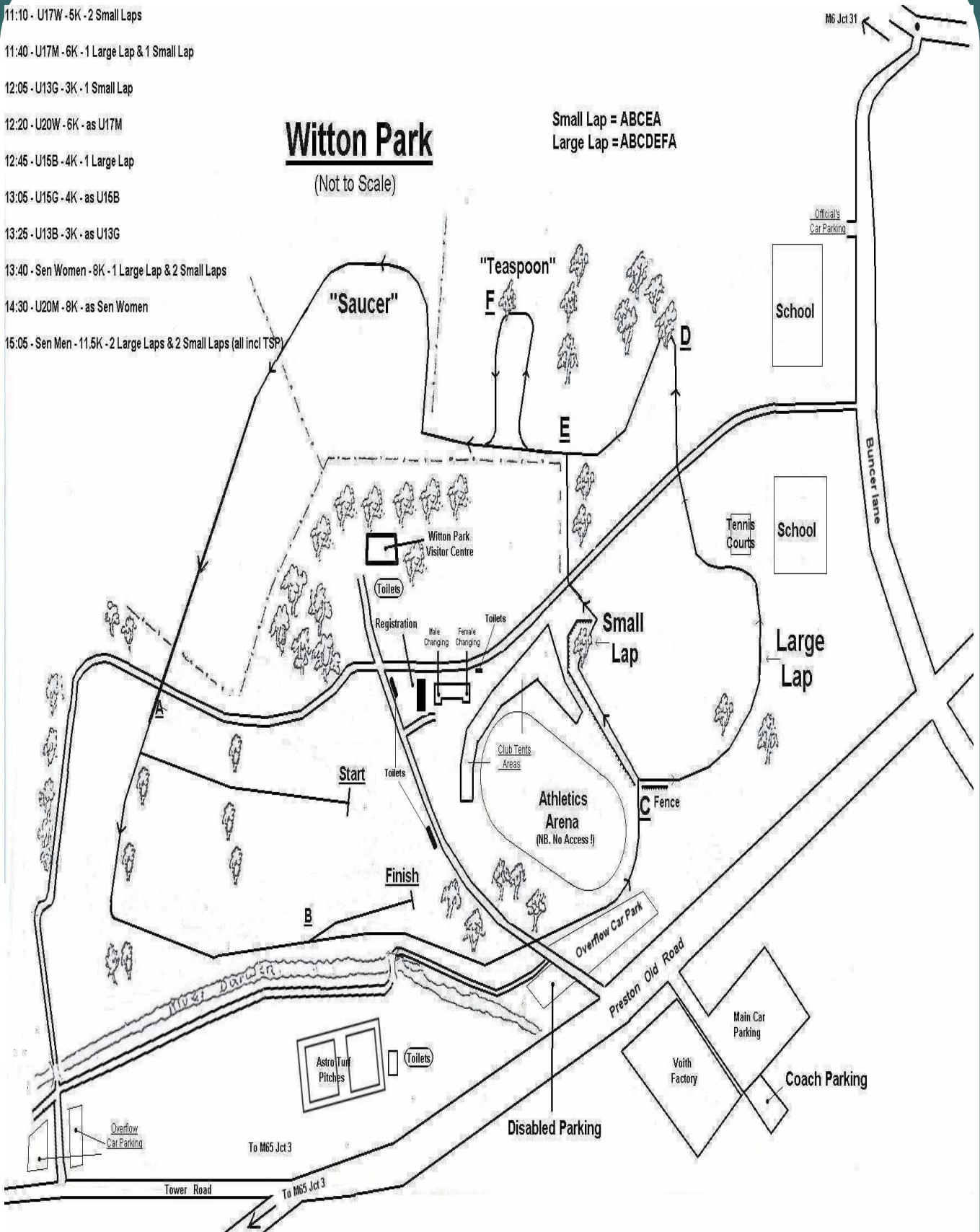
Race Times sen woman 13:40 sen men 13:05

- 11:10 - U17W - 5K - 2 Small Laps
- 11:40 - U17M - 6K - 1 Large Lap & 1 Small Lap
- 12:05 - U13G - 3K - 1 Small Lap
- 12:20 - U20W - 6K - as U17M
- 12:45 - U15B - 4K - 1 Large Lap
- 13:05 - U15G - 4K - as U15B
- 13:25 - U13B - 3K - as U13G
- 13:40 - Sen Women - 8K - 1 Large Lap & 2 Small Laps
- 14:30 - U20M - 8K - as Sen Women
- 15:05 - Sen Men - 11.5K - 2 Large Laps & 2 Small Laps (all incl TSP)

Witton Park

(Not to Scale)

Small Lap = ABCEA
 Large Lap = ABCDEFA



English National Cross Country Championships 2010 at Roundhay Park

The 2010 Saucony English National Cross Country Championships will be held on Saturday 27th February at Roundhay Park in Leeds.

Over 10,000 athletes of all ages are expected to take part in this challenging event with past winners including Paula Radcliffe. Supporters are encouraged to come along and soak up the atmosphere!

Roundhay Park is situated 3 miles north of Leeds City Centre off the A58 Wetherby Road at Oakwood. Alternatively, accessible from the A6120 Leeds Ring Road. Look out for the brown tourist signs for Tropical World.

Parking : free

Wolds vets will be there in force

Paul Freeman, Jon Hammond, Gary Coulam, Dave Edwards, Mark Salter.

John Hudson, Bill Ward, Dave Wilson, Ian Martinson, John Green, Dave Jackson,

Pete Hutchinson

Have all been entered

LADIES

Tracy Gibson, Jane Morley, Susan Green,

Senior man run at 3pm (12k) first 6 to score

Senior woman run at 2:15pm (8k)

Tracy Gibson & Carol Hall are also entered for the
BMAF Champs in Belfast (Stormont park) N Ireland

If you have missed out on these races, and wish to join in the fun of cross country.

**Come along next year. Or if road racing is what floats your boat,
The 23RD National open Masters Road Relay Championships, at Sutton Park
Birmingham**

Will be on Saturday 15th may 2010

We need your support to take as many teams

As we can. This is a fantastic day out

Please contact

Pete Hutchinson pete.hutchinson1@ntlworld.com

Or

Barbara Brown at barbarab.dymoke@ntlworld.com

If you wish to compete

A blast from the past



Ex Wolds vet runner Ivan Croft 48 years of age Smashes three hours in London. Ivan also had the male 60 record for the Croxby one lap, set when he was 64 in 2001, he did 30:01. It was only broken this year by

M Casey of Mablethorpe RC, he ran 29:51 age 62.

I first met Ivan early 2006, when I first started running. at the age of 69 he was still running 7 minuet miles around the tough Ship six run out of Branoldby le beck, three to four times a week.. But had to stop running in 2009 after a cycling accident. He still cycles, and also scuba dives. So I am sure he will be back running soon.

Respect