

Idle Trail Race: Updates.

Early June 09: Welcome to the first of the Idle Trail Race updates!

The Idle Trail Race, organised by Idle AC, is now in its fifth year and is hopefully now established as an attractive and well organised multi terrain 10k (approx). Certainly the feedback from the last two years makes us think that is the case. However we'll never be complacent - there's always room for improvement.

Once again we have a prime date on 2nd August with no local clashes, so it will be a great opportunity to come to Yorkshire and celebrate the weekend of Yorkshire Day.

Our race starts and finishes in the beautiful surroundings of Apperley Bridge by the river Aire, in the extensive grounds of Woodhouse Grove School.

The course offers a varied scenic route offering towpath, bridleway, path and private road.

The race preparation is going well, with our Trail Race Committee working together to ensure that the event goes smoothly and is well organised. I ran round the course a couple of weeks ago on a Saturday. The blue bells were out and I could smell the wild garlic - it was very peaceful running round the course which I feel is a really lovely run.

Last year we were able to donate over £1100 to our chosen charity Yorkshire Cancer Research. We are delighted that the Idle Trail race is an official race for the same charity in 2009. All our competitors are invited to assist the charity by an optional donation via the race entry form (don't forget to gift aid your donation) or by raising funds through sponsorship. Check out the website at: www.ycr.uk

Thanks to all those organised runners who have already entered the 2009 Idle Trail race using the on line service via Runners World and via ukresults.net. Our race entry form is available on our website and via John Schofield's excellent site, www.ukresults.net (online entries are also available). Please note that in 2009 there are NO entries on the day and with a race limit of 400 it's advisable to get your entries in ASAP. I'll be starting to send out race numbers and details in later in the month.

Please check out all the very positive feedback that has previously been received via the Runners World website: www.runnersworld.co.uk. The overall score for the race was 88%. 100% of runners said that they would run the race again!

If anyone has any questions, queries or comments regarding the Idle Trail Race then please contact me. Davina Smith, Email me: Davina@idleac.co.uk Tel: 01274 615003.