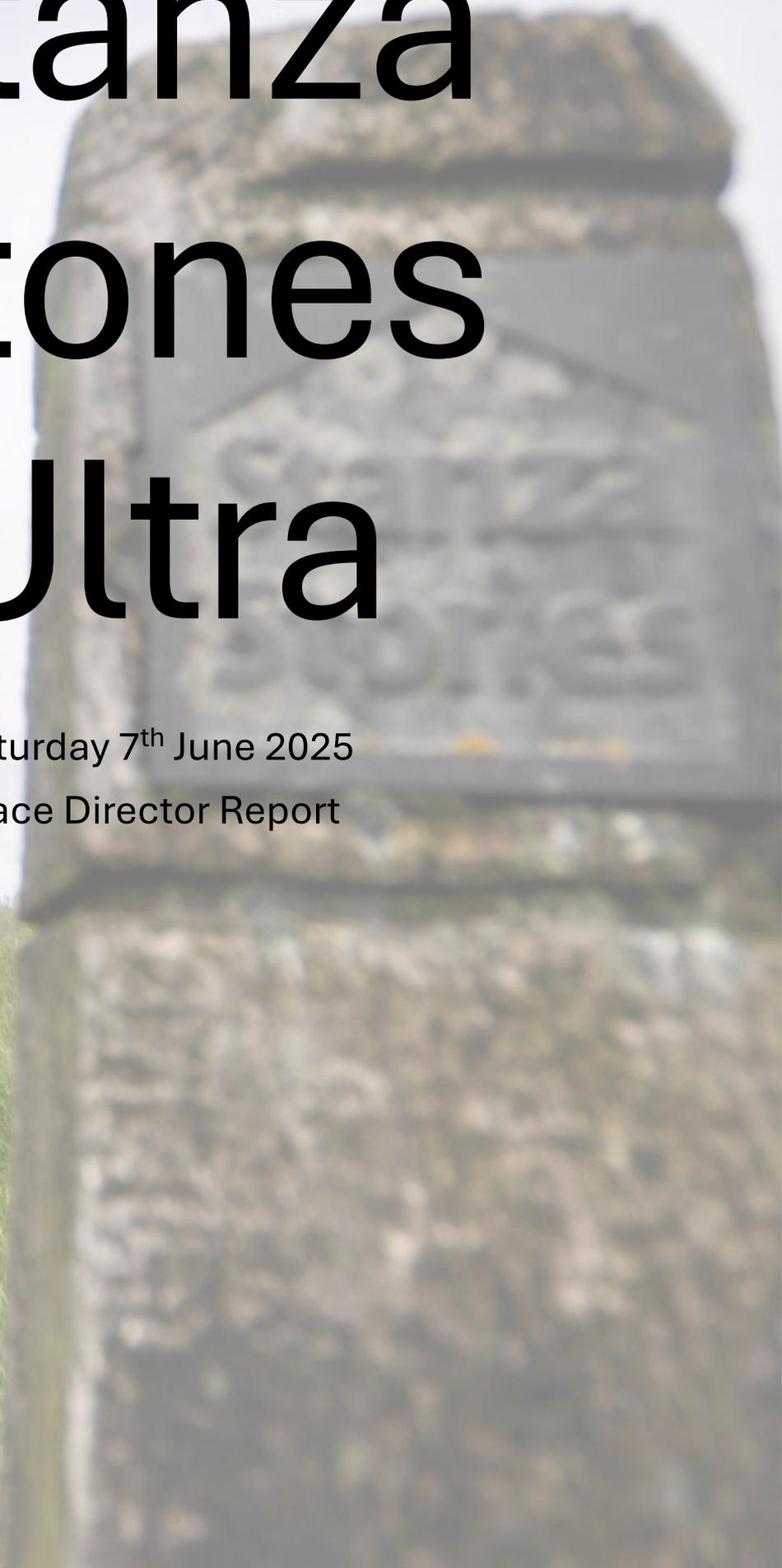


Stanza Stones Ultra

Saturday 7th June 2025

Race Director Report





"If you want to run, run a mile. If you want to experience a different life, run a marathon. If you want to talk to God, run an ultra."

- Dean Karnazes

"Running an ultra is 90 percent mental, and the other 10 percent—that's mental too!"

- Hal Koerner

"I do ultras because I can eat lots, drink lots, chat loads, walk all the uphill, admire the views and do a bit of running"

- Daz Graham

The quotes above highlight the unique experience of ultra-running, which is characterised by the distance and the personal challenges it presents. Ultra-running is a transformative experience, pushing runners beyond their physical and mental limitations. It also emphasises the significant mental fortitude required to complete an ultra.....and to walk the uphill!

This year's Stanza Stones was a joy to watch over. Now in its third year, I really believe this route is a classic route every Ultra Runner should try. Although numbers were the lower than last year, I feel its popularity will grow over the coming years and we at CraggRunner will try and spread the word as much as possible.

I don't want it to be too big. I feel that the low key atmosphere really adds to the character of the event. But an event must be fed and we will continue to develop the event with tweaks here and there to get it right over the coming years.

Saying that, this year's event I was looking at any issues that may arise for the Winter edition in November. I will be making slight changes before November to suit the winter edition. Changes will be updated on the webpage as well as email notifications to participants.



Back to the summer edition, I have to say a massive well done to all of you who managed to get to Ilkley. Those who didn't, made the right, sound minded judgement to retire and not struggle on. I have found out the hard way, many times, that not retiring meant I had a miserable time and then spent a long time out with injury.

The Stanza Stone route is such a superb route, visiting lots of iconic places along the way. The wild moors are truly worth the effort to get to. Haworth, the home of the Bronte Sisters, is a fitting place for the route to go through. The crowds on the cobbled street hopefully clapped you all on as you passed through. Ilkley Moor, the final stage has some of the best views that the South Pennines has to offer. To the south, you can reflect on where you have come from and to the north, the wonderful Yorkshire Dales tempts you to visit them.





The weather was always something I was keeping an eye on the few days beforehand. Although rain was always forecasted, there was no wind. But warnings of thunder and lightning was forecasted which is a major issue for an event that stays high on flat moorland. Luckily, there was no thunder which meant no diversions off high moorlands.

Well done to the male and female winners who both broke the existing course records. Rory Harris, who won the event last year and set the record at 8:03:39, smashed his time this year to set it at 7:34:32. Female winner Jenny Roberts, strolled in looking like she had been on a small jog, finishing with a time of 8:58:08, taking well over an hour off the existing female record.

Now in it's third year, numbers were actually lower this year than last year. It's not surprising, though. There are so many events out there for participants to choose from and some of them are much bigger events in iconic locations. However, we will continue with the current dates as I find no matter what weekend you choose, there is always another event to clash with. Hopefully, the word will spread (we don't have a massive media team, just Joolz and I) and we see numbers rise next year.

For those of you who love stats, here are a few from the last three events:

2023

- 93 Entries
- 78 Started
- 59 Finished
- 51 Males with 38 finishing
- 27 Females with 21 finishing

2024

- 132 Entries
- 112 Started
- 106 finished
- 76 Males with 74 finishing
- 36 Females with 32 finishing

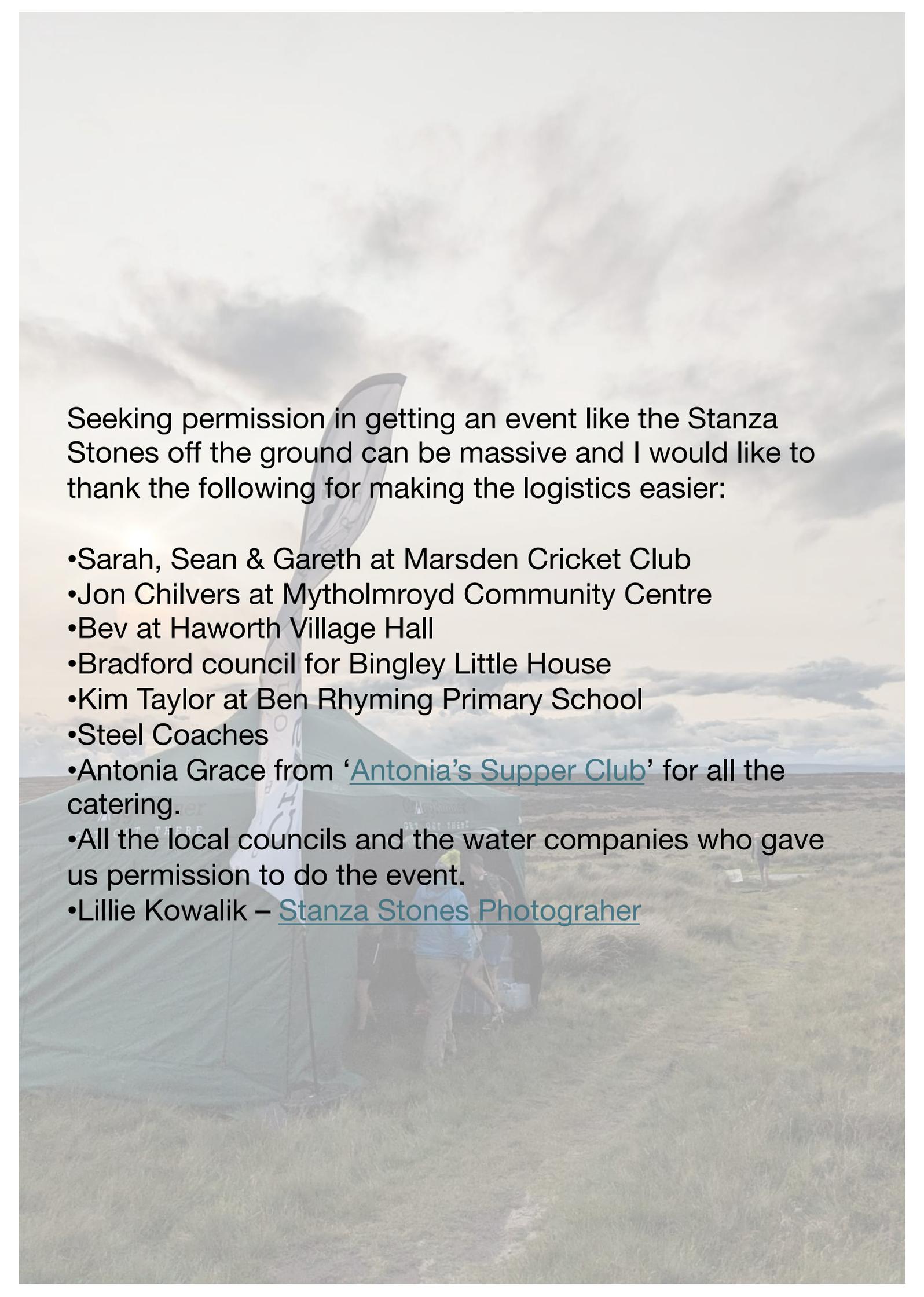
2025

- 114 Entries
- 99 Started
- 91 Finished
- 72 Males with 66 finishing
- 27 Females with 25 finishing



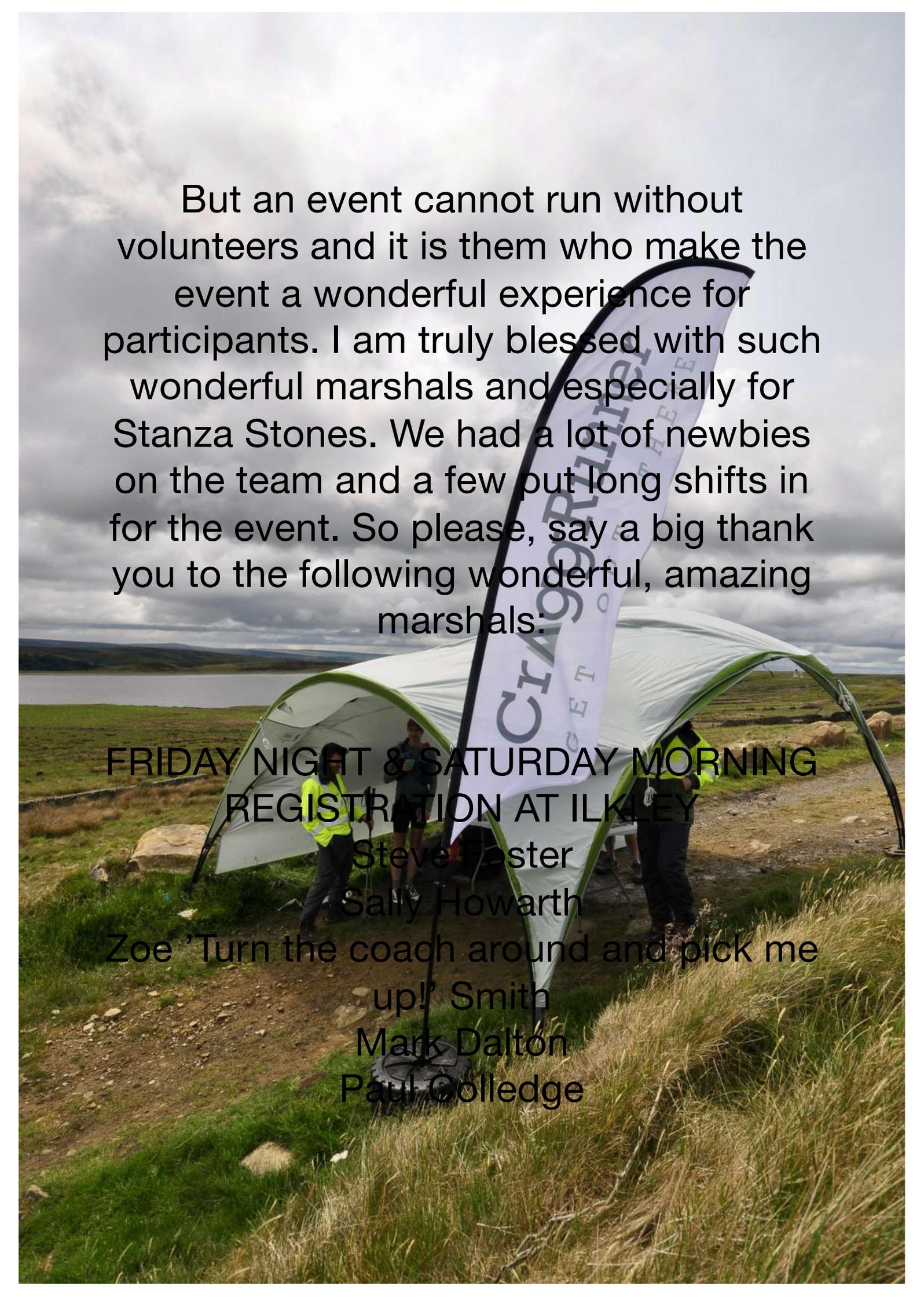
I have done many Long Distance Walking Association (LDWA) challenge events and their ethos will always stay in my events. I do believe that we should incorporate walkers into our long events as I came into Ultra running from a walking background and if it wasn't for the LDWA, I don't believe I would be where I am now. So, it is great to see walkers on the event. They are the ones who know that they will see the sunset and sunrise somewhere on Ilkley Moor. Those sights are special gems that can only be collected with the eye and mind.

This year's event included Tim Winter from Peak Medical & Rescue. Tim was on hand for any emergencies, along with our own safety team marshals, and also to assess the event ready for the winter edition where he will have a strong team with him. I do believe that medical cover like this is essential on events and it also shows participants that we are looking after them and their safety is priority.



Seeking permission in getting an event like the Stanza Stones off the ground can be massive and I would like to thank the following for making the logistics easier:

- Sarah, Sean & Gareth at Marsden Cricket Club
- Jon Chilvers at Mytholmroyd Community Centre
- Bev at Haworth Village Hall
- Bradford council for Bingley Little House
- Kim Taylor at Ben Rhyiming Primary School
- Steel Coaches
- Antonia Grace from '[Antonia's Supper Club](#)' for all the catering.
- All the local councils and the water companies who gave us permission to do the event.
- Lillie Kowalik – [Stanza Stones Photographer](#)



But an event cannot run without volunteers and it is them who make the event a wonderful experience for participants. I am truly blessed with such wonderful marshals and especially for Stanza Stones. We had a lot of newbies on the team and a few put long shifts in for the event. So please, say a big thank you to the following wonderful, amazing marshals:

FRIDAY NIGHT & SATURDAY MORNING
REGISTRATION AT ILKLEY

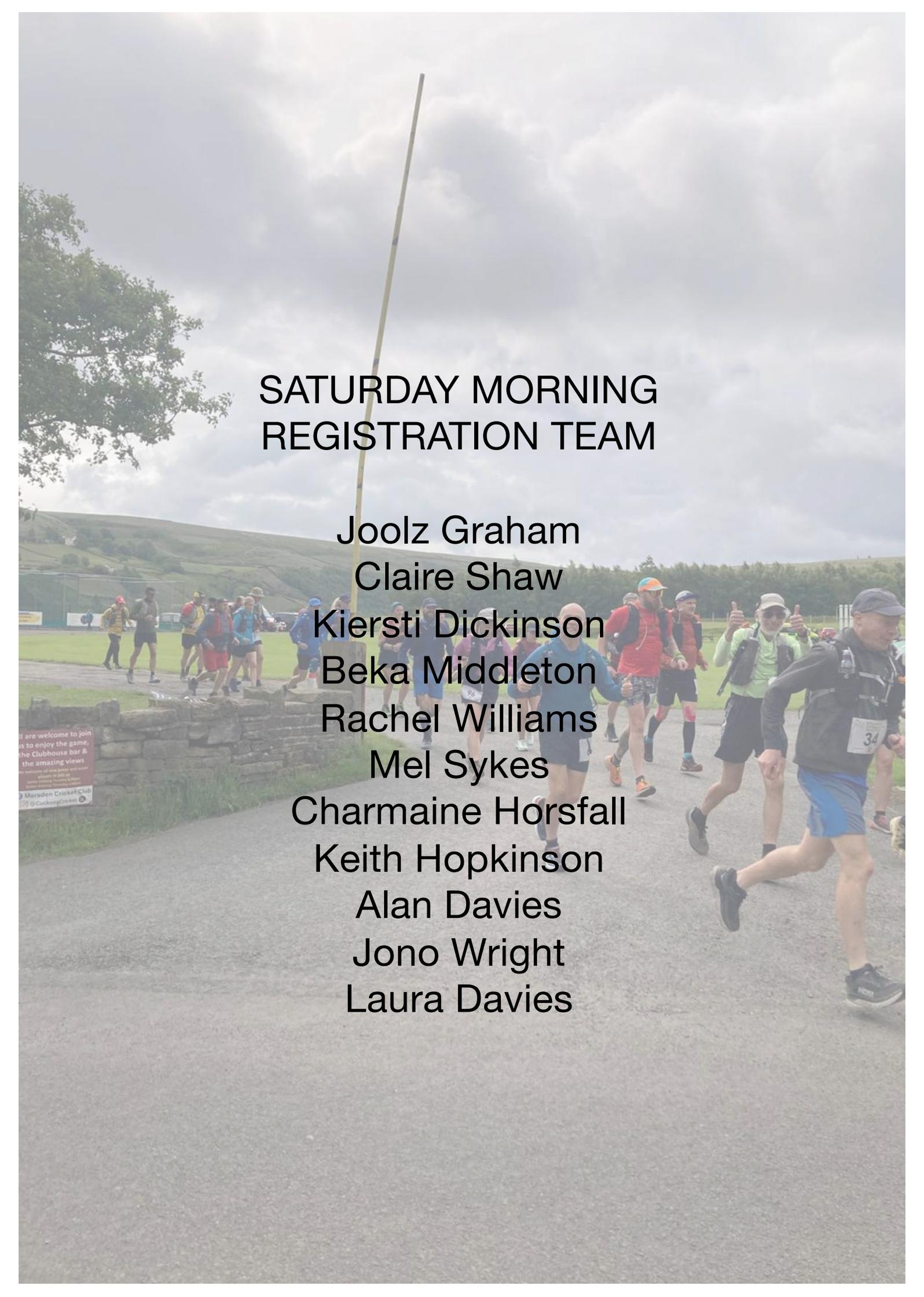
Steve Foster

Sally Howarth

Zoe 'Turn the coach around and pick me
up!' Smith

Mark Dalton

Paul Colledge



**SATURDAY MORNING
REGISTRATION TEAM**

Joolz Graham

Claire Shaw

Kiersti Dickinson

Beka Middleton

Rachel Williams

Mel Sykes

Charmaine Horsfall

Keith Hopkinson

Alan Davies

Jono Wright

Laura Davies

SUPPORT POINT 1 TEAM (WHITE HOUSE PUB)

Mel Sykes
Helen Hodgkinson
Katie Lockwood
Danni Hardwick
Ian Dredge
Bob Holstead



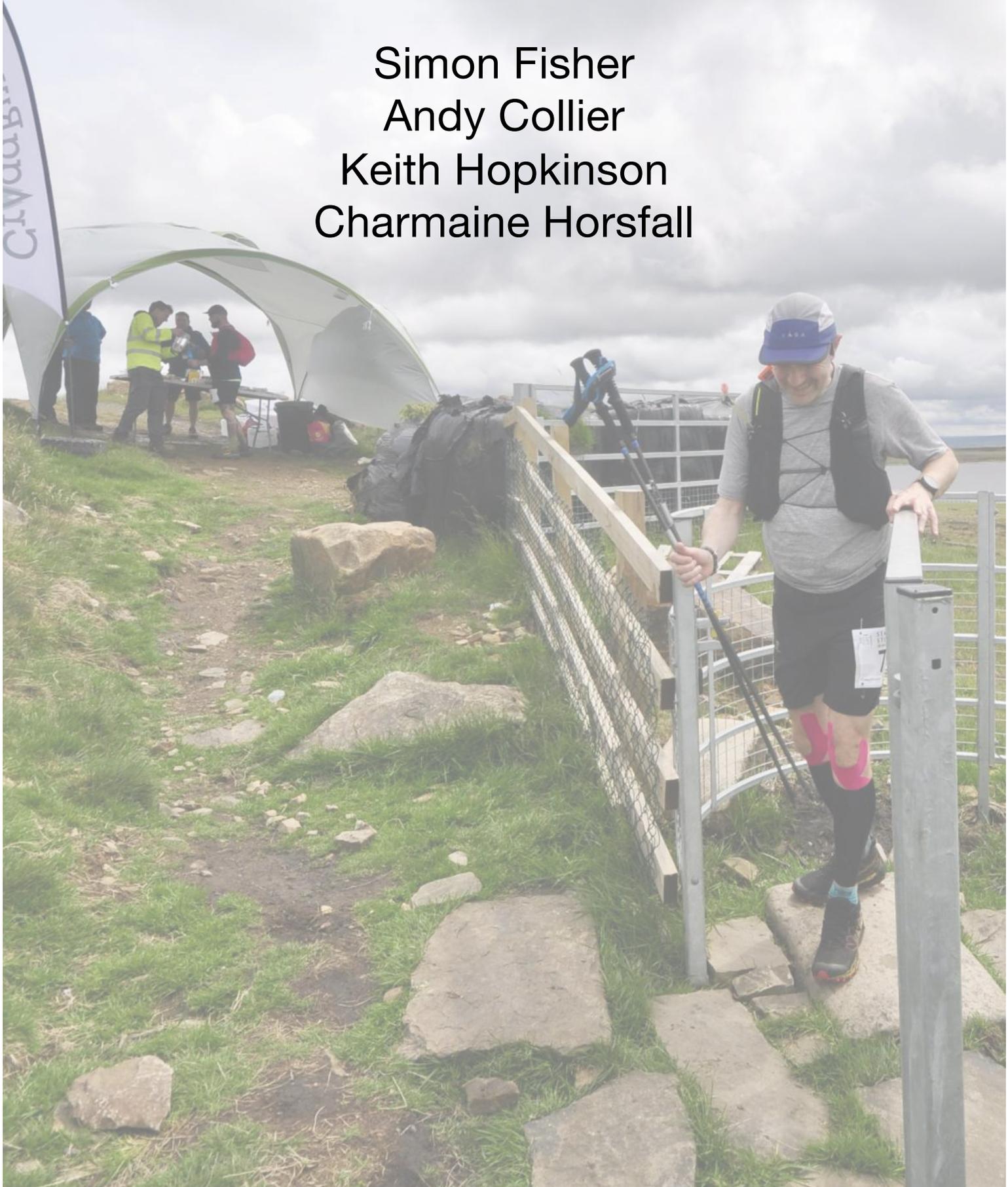
A table set up outdoors, likely under a tent, displaying a variety of food and drinks. At the top, there are two large plastic jugs, one containing orange juice and the other a red beverage. Below them are trays of baked goods, including chocolate chip cookies, round pastries, and a tray of colorful candies. Further down, there are several bags of snacks, including 'Alesto Roasted & Salted Peanuts' and 'Fruit & Nut Mix'. A large tray of sliced watermelon is prominently displayed in the middle. At the bottom, another tray is filled with sliced oranges. A white cooler is visible in the background on the right side of the table.

**SUPPORT POINT 2 TEAM
(MYTHOLMROYD)**

**Mandy Goth
Phil Hodgson
Peter Ehrhardt
Elise Milnes
Caz Smith
Wayne Smith**

SUPPORT POINT 3 TEAM (COLD EDGE ROAD)

Simon Fisher
Andy Collier
Keith Hopkinson
Charmaine Horsfall



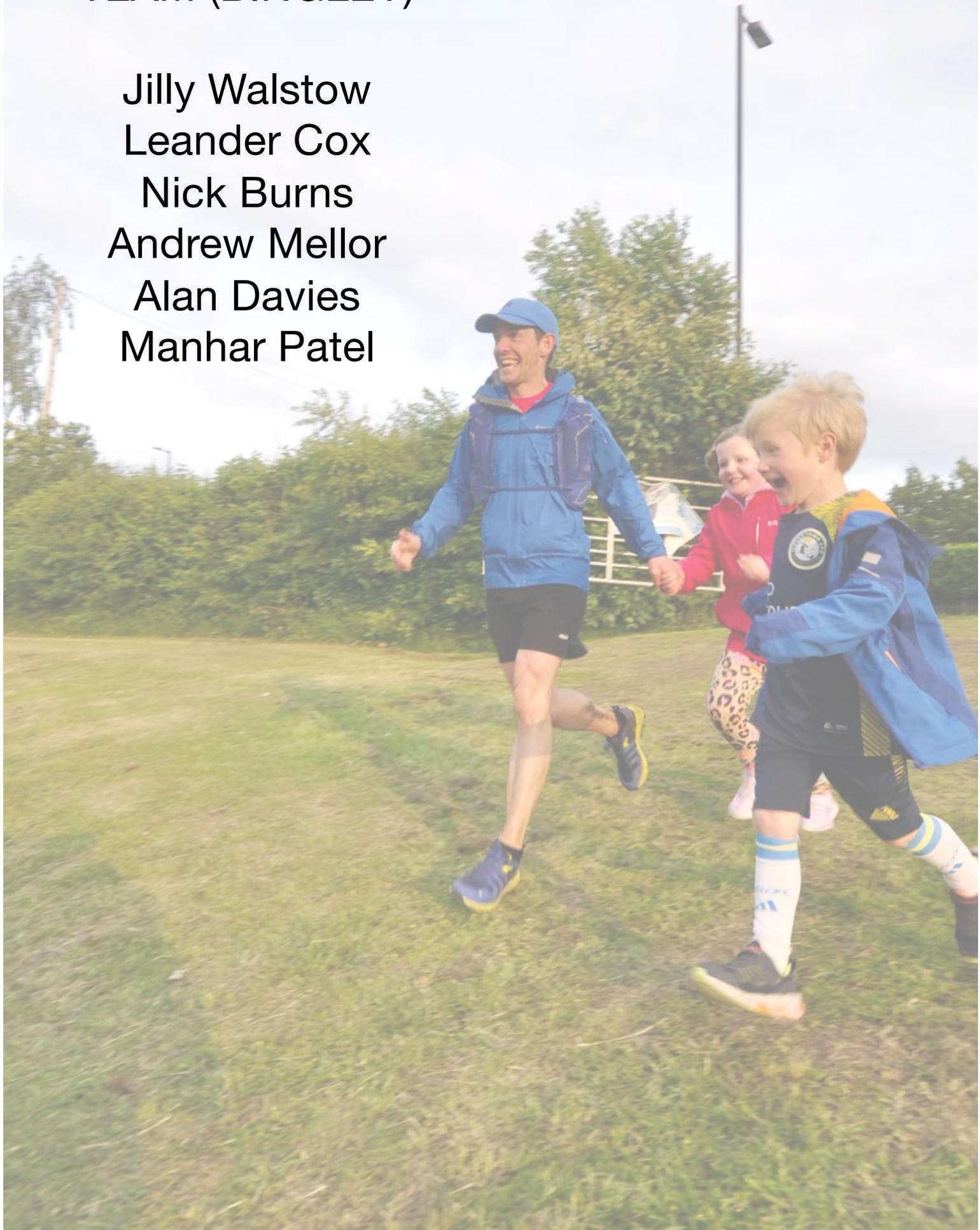
**SUPPORT POINT 4 TEAM
(HAWORTH)**

**Mel Whitmore
Guy Whitmore
Bob Holstead
Hannah Greenlee
Darren Smith
Helen Smith**



SUPPORT POINT 5 TEAM (BINGLEY)

Jilly Walstow
Leander Cox
Nick Burns
Andrew Mellor
Alan Davies
Manhar Patel

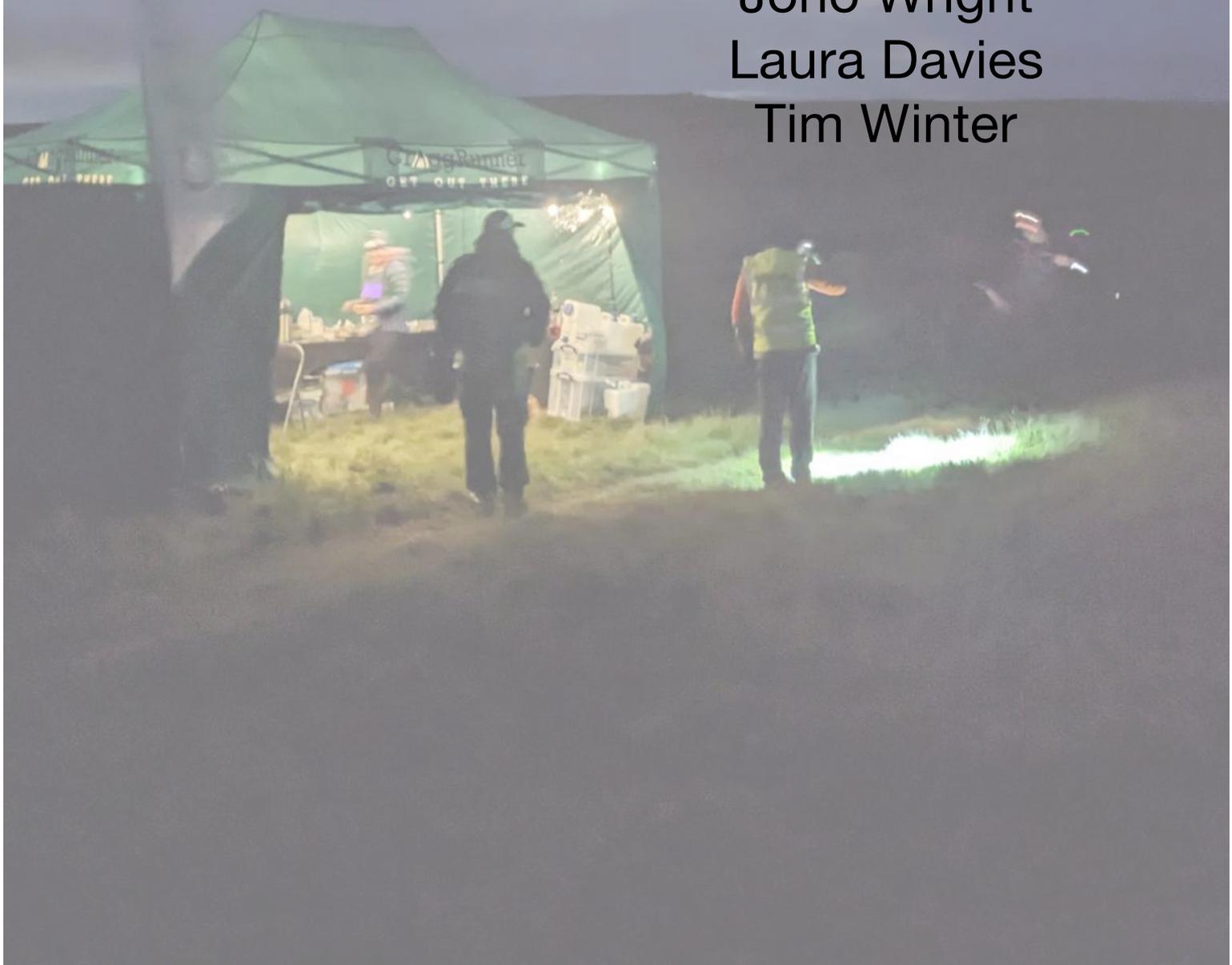


SUPPORT POINT 6 TEAM (ILKLEY MOOR)

Kim Ashworth
Fran Miller
Pete Rolls

SAFETY TEAM

Louise Greenwood
Kevin Robinson
Jono Wright
Laura Davies
Tim Winter



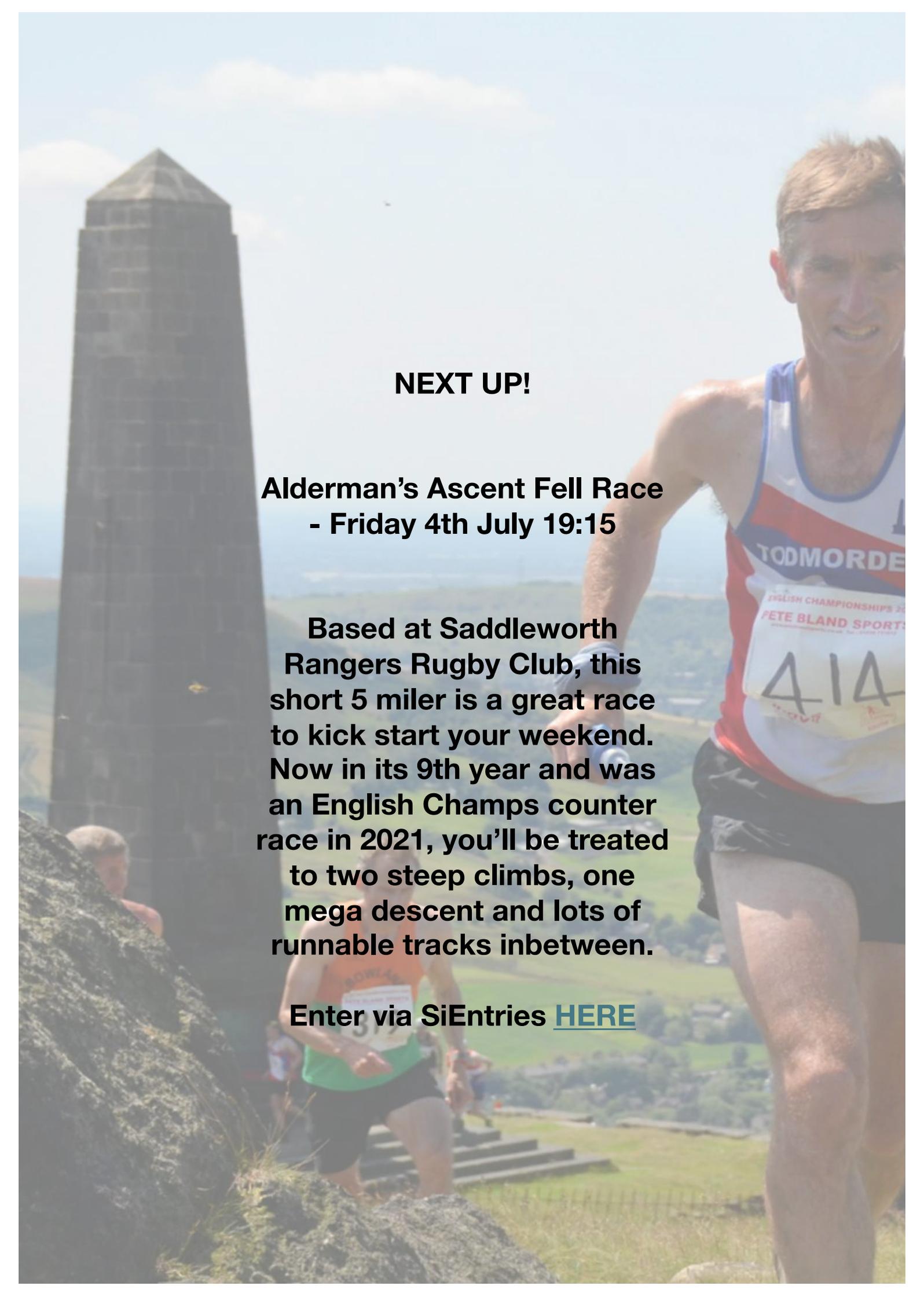
LOGISTICS

Andy Regan
Charles Colbourn
Claire Shaw

OUTSTANDING ILKLEY FINISH MARSHAL

Bob Smart
Beka Middleton
Claire Shaw
Charles Colbourn
Joolz Graham





NEXT UP!

**Alderman's Ascent Fell Race
- Friday 4th July 19:15**

**Based at Saddleworth
Rangers Rugby Club, this
short 5 miler is a great race
to kick start your weekend.
Now in its 9th year and was
an English Champs counter
race in 2021, you'll be treated
to two steep climbs, one
mega descent and lots of
runnable tracks inbetween.**

Enter via SiEntries [HERE](#)

A group of runners participating in a 10k race on a paved road. The runners are wearing various athletic gear, including tank tops, t-shirts, and shorts. Some have bib numbers visible, such as 178, 20, 116, 78, 157, and 156. The background shows lush green trees and a building in the distance.

Piethorne 10k - Sunday 17th August 10:00

The 5th edition of the Piethorne 10k takes you around the ‘gateway’ to the South Pennines along great, runnable tracks and lanes, ideal for new runners venturing off the tarmac. But don’t be fooled into thinking it’s an easy race as the total elevation nearly tops 1000ft! The race finishes on the dam of Ogden Reservoir making it an iconic sprint finish at the end.

Enter via SiEntries [HERE](#)

RACE YOU TO THE SUMMIT

**Race You to the Summit -
Saturday 25th October 11:00**

**Our Halloween special! 4
miles to the White House
Pub and back (Support
Point 1 on Stanza Stones)
This is also another great
introduction race to off road
running and you also have
the option to dress up as
well! We have junior races
starting at 10:00 so it makes
a great morning out for all
the family**

Enter via SiEntries [HERE](#)
CrAggRunner
GET OUT THERE

Soyland Moor Fell Race

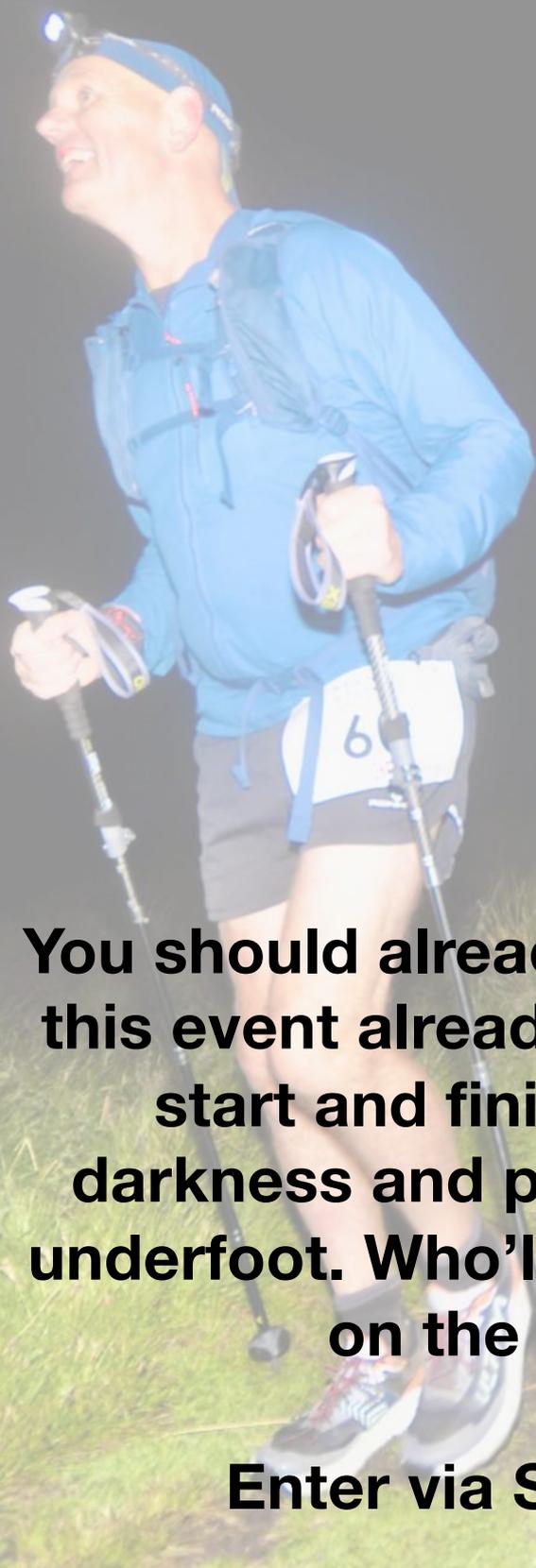
Sunday 2nd November 10:00

Our half marathon distance fell race. A fairly 'runnable' fell race as fell races go with a big climb at the start to Stoodley Pike to get you warmed up. Then it's the reverse of Stanza to just before the Rain Stone, where you head over to Manshead End before heading back and down through the wonderful woodlands of Cragg Vale to the finish field and to enjoy a nice beer back at the Hinchliffe Arms pub.

Enter via SiEntries [HERE](#)

Stanza Stones Winter Edition

Saturday 29th November 09:00



You should already know plenty about this event already. Same route, same start and finish but with more darkness and probably a bit wetter underfoot. Who'll be doing the double on the first year??

Enter via SiEntries [HERE](#)

Moors the Merrier

Saturday 13th December 08:00/09:00



We end the year in a Christmassy mood with the Moors the Merrier. It's all about escaping the shops and enjoying a day out on the moors....with a Santa Hat on! A 21 mile circular route around Hebden Bridge with a hearty 4000ft and be warned, most of the climbing is done in the last 7 miles! This event has been a sell out for three years now so don't waste time and get booked on asap.

Enter via SiEntries [HERE](#)

Ok, that's it from me. It's been a pleasure organising the event and having such a great team of marshals who have the same enthusiasm and love of the sport, really makes my job a lot easier on race day.

Thank you all as well for reviewing the Stanza Stones event on RACECHECK, the independent race review website. There are some wonderful reviews, and it makes it all worthwhile when I see great reviews. Obviously, all feedback helps build future events and anything negative is always taken note of. If you haven't yet reviewed the Stanza Stones event on RACECHECK, please do so [HERE](#) as we love to hear from everyone.

Thank you for taking the time to read this report and I do hope to see you all again at another CraggRunner event soon.