



# The Harrier

June 2018



Only 100 miles to go



Half-way already?



Advice from Jonathan Brownlee



Invaluable helpers



And more

Photographs courtesy of Stephan Fry



Running Repairs



Finish at Leeds with Dave Stephenson

LIVERPOOL – LEEDS - 127 MILES - STEPHEN FRY - MAY 11-12 2018



# BINGLEY HARRIERS AND ATHLETIC CLUB

Ruth Thackeray finishing at The Three Peaks Race April 2018



Photographs courtesy of Woodentops.

Jo Carnelly on his way to 3rd place in the Yorkshire Fell Championships 2018



## PRESIDENT'S PIECE



At the start of our track season, there have been some very positive performances by our sprinters and field event athletes. What is needed now is for our middle and distance runners to come forward to add to those positive performances.

The good news is that we have a wealth of young talent waiting to come of age and fill the gaps that have been missing in our teams. We have many athletes at U13 U15 U17 and U20 just waiting in the wings to bring back the golden days of our middle and distance runners. If these young athletes keep on wearing the Blue and White Hoops of Bingley the future is very bright for our club.

You will find all the latest reports by our team managers in this latest edition of The Harrier and see Bingley Harriers & AC are still collecting County, National, and International Gold Medals.

Don't forget to take advantage of our coaches who are there to help you to get the best out of whatever event you are aiming for.

*John Smithurst.*



## SECRETARY'S REPORT - SPRING 2018



This year the club is celebrating its 125th anniversary and we will be holding a family fun day on the 10th June 2018 and a black-tie dinner on the 27th October 2018.

The fun day will also include a 125k relay race for both adults and children, a great chance to be part of the club's history.

On behalf of the club I would like to say thank you to the dedicated coaches, team managers and helpers who turn up for every session come rain or shine. Without your commitment, hard work and support, our athletes wouldn't be able to compete to their full potential and have so much fun doing so!

You only have to drop in at the Rugby Club or at Beckfoot School any Tuesday or Thursday evening to see the numbers of eager young (and not so young) athletes ready to run up and down hills or to run, jump and throw to know the future of the club is very bright indeed.

We must also thank all the members who work so hard as race organisers, marshals or officials and those who just turn up and lend a hand. You all do a great job and we can never have too many helpers. If anyone in the coming year wishes to get involved, or just wants to lend a hand, we are always looking for volunteers in all aspects of the club life. Just let me know!

*Jill Jones*

# INFORMATION PRIVACY – MEMBERSHIP SECRETARY



## INFORMATION PRIVACY – MEMBERSHIP SECRETARY

You may have heard in the media recently that there are some changes in data protection law that come into effect on 25 May.

The General Data Protection Regulation (GDPR) is a really positive step towards giving you more control over how your data are used and how you wish to be contacted. The changes will also help better protect your personal data. We have documented our Privacy Notice below and shared it on our website [www.bingleyharriers.co.uk](http://www.bingleyharriers.co.uk).

### Bingley Harriers & Athletics Club Privacy Notice

Bingley Harriers & Athletics Club (Club) are committed to protecting and respecting your privacy. For any personal data you provide for the purposes of your membership, Bingley Harriers & Athletics Club is the Data Controller and is responsible for storing and otherwise processing that data in a fair, lawful, secure and transparent way.

#### What personal data we hold on you

You may give us information about you by filling in forms at an event or online, or by corresponding with us by phone, e-mail or otherwise. This includes information you provide when you register with the Club. The information you give us may include your name, date of birth, address, e-mail address, phone number, name of the EA affiliated Clubs with which you are registered and gender (Athletics Data). We may also ask for relevant health information which is classed as special category personal data.

#### Why we need your personal data

The reason we need your Athletics Data is to be able to administer your membership, and provide the membership services you are signing up to when you register with the club. Our lawful basis for processing your personal is that we have a contractual obligation to you as a member to provide the services you are registering for.

Reasons we need to process your data include:-

#### For training and competition entry

- sharing personal data with club coaches or officials to administer training sessions;
- sharing personal data with club team managers to enter events;
- sharing personal data with facility providers to manage access to the track or check delivery standards; and
- sharing personal data with leagues, county associations (and county schools' associations) and other competition providers for entry in events.

#### For funding and reporting purposes

- sharing anonymised data with a funding partner as condition of grant funding e.g. Local Authority;
- analysing anonymised data to monitor club trends; and
- sending an annual club survey to improve your experience as a club member

#### For membership and club management

- processing of membership forms and payments;
- sharing data with committee members to provide information about club activities, membership renewals or invitation to social events;
- club newsletter promoting club activity; and
- publishing of race and competition results

Any special category health data we hold on you is only processed for the purpose of passing health data to coaches to allow the safe running of training sessions. We process this data on the lawful basis of consent. Therefore, we will also need your explicit consent to process this data, which we will ask for at the point of collecting it.

On occasion we may collect personal data from non-members (e.g. such as any non-member participant who fills in a health disclaimer or form at a taster event). This information will be stored for no more than one calendar month after an event and then destroyed securely. Our lawful basis for processing data is consent. Therefore, we will also need explicit consent from non-members to process this data, which we will ask for at the point of collecting it.

The club has the following social media pages: Facebook, Twitter and Strava. All members are free to join these pages. If you join one of the Social Media pages, please note that provider of the social media platform(s) have their own privacy policies and that the club do not accept any responsibility or liability for these policies. Please check these policies before you submit any personal data on the club social media pages.

#### Who we share your personal data with

When you become a member of the Club, you will also automatically be registered as a member of England Athletics Limited. We will provide England Athletics Limited with your Athletics Data which they will use to enable access to the MyAthletics portal. England Athletics Limited will contact you to invite you to sign into and update your MyAthletics portal. You can set and amend your privacy settings from the MyAthletics portal. If you have any questions about the continuing privacy of your personal data when it is shared with England Athletics Limited, please contact [dataprotection@englandathletics.org](mailto:dataprotection@englandathletics.org).]

The Club does not supply any personal data it holds for this purpose to any other third party. The Club does not store or transfer your personal data outside of the UK.

#### How long we hold your personal data

We will hold your personal data on file for as long as you are a member with us. Athlete data is updated every year on annual membership renewal forms. Any personal data we hold on you will be securely destroyed after four years of inactivity on that member's account, in line with England Athletics Limited's retention policy. Your data is not processed for any further purposes other than those detailed in this policy.

#### Your rights regarding your personal data

As a data subject you may have the right at any time to request access to, rectification or erasure of your personal data; to restrict or object to certain kinds of processing of your personal data, including direct marketing; to the portability of your personal data and to complain to the UK's data protection supervisory authority, the Information Commissioner's Office about the processing of your personal data.

As a data subject you are not obliged to share your personal data with the Club. If you choose not to share your personal data with us we may not be able to register or administer your membership.

Denise wright



## COACHING COORDINATOR'S REPORT



I am happy to report that there seems to be some momentum gaining within the competitive side of the Club at all levels, and that the efforts of our coaches are paying dividends.

In the media coaches are portrayed as having an immediate, real-time impact on competitive situations at the crucial time. Giving their athletes or players some vital insight that makes the difference to the results. The coaching reality is often very different. Planning for, and preparing for those situations, which through the nature of sport are often unseen and unpredictable, is done long in advance. It starts with a review of what happened previously and an assessment of what can be done to improve future results. Then it comes down to doing. Mainly on the part of the athletes. Certainly, in our sport, regardless of the discipline, training at a competitive level is in itself often a chore. There is not a great deal of pleasure to be had during the mentally and physically challenging environment of a training session. "Easy" or "recovery" sessions, and "steady" runs would still be a monumental effort to the untrained. I read that on average most training sessions are just that: average. For the statistically minded: 60% of them. 20% are awful, and 20% are awesome. For the less statistically minded, most sessions are unremarkable, if you train 5 times a week expect to have one bad session a week, but also a great one. The rest will not require much afterthought other than to log it in your training diary. The coach's role is to even out the highs and lows for their athletes, we do that with a plan, and a focus for the season, a reason for pushing one's body and mind harder than most are prepared to do. These sessions take place away from the spotlight, away from the modern culture of "sharing" on social media, and far away from the Power of 10, the results section, or race report. And by the way the 20% of sessions that are awful are not awful through design, and often go unexplained, but can typically be attributed to factors outside the control of the coach: work / school / family stress, lack of sleep, a mistimed meal, the weather conditions, or simply due to "not feeling it". The key to progress however is that those sessions are still done. Heavy squats, a long run, or hard interval session may be categorised as awful at the time of completion, but for those who are successful it is categorised after the fact not before. Do the session as part of the plan and move on, is often the coach's mantra. In the high-pressure crucible (as it was once described to me) of elite competition, those sessions provide comfort and give confidence to both athlete and coach. Stood on the start line, knowing the training has been done is what matters and the "awfulness" of the individual session is forgotten.

So, as we gear up for the track and field, summer fell and road seasons, hopefully the hard work has been done and its impact on performance will be tested by the athletes in competition. For coaches this is the time that we see the fruits of our labour, we see those we coach enjoy their performances and watch them grow and develop as people. If you are wondering what the coach says to the athlete at that critical point in a completion you would have to ask them, but often it's something along the lines of "just go and do what you did in training" or "remember how hard that session was in November? If you can do that then this is well within your reach". Inspirational speeches are just for films, coaching in competition is just about reminding athletes that they are capable of what they are about to try.

Anyone who is interested in either being coached at the club or finding out more about becoming a coach is more than welcome to get in touch for a chat.

Many thanks.

*Keith Daniel*

Coaching Coordinator  
T: 07714237278  
E: Keith.Daniel@fulleffect.co.uk



## JUNIOR CROSS COUNTRY – INTERIM REPORT MAY 2018



Where do we stand after yet another cross-country season? That is the question which I shall be attempting to answer in this report, which is not the moment for the detailed analysis of the achievements of individuals or of teams: that will come in the Annual Report.

If I had to sum up in one short phrase what has been achieved I would say that the main characteristics would be quality rather than quantity, individual achievement rather than team success.

Overall, I think that we are moving in the right direction, and that we are starting to build a strong base on which we can build in the future, particularly in the youngest age-groups, though it must be recognised that there are areas of weakness.

Once again, there has been a marked drop in the numbers turning up for our Tuesday sessions, though all of us agree that the standard and commitment shown by those who do attend have improved more than we could have hoped. In fact, it must be admitted that one member of the coaching team has real trouble keeping up!

Many of our newer recruits have not yet had the opportunity to show what they can do in a race, though the first 5k certainly gave us a glimpse of some real promise, and I am looking forward to seeing much more.

As I have often said, the PECO League is an ideal starting point for our younger runners, and the performances there have been of a very high and consistent standard. Our older and more experienced runners have achieved more individual success this season than I can ever remember in over ten years, which is a great credit to them for all the hard work they have put in, and to coach Martin Peace for the thorough and varied training schedules which he has provided.

That individual success included two overall wins in the West Yorkshire League, strong representation in the Yorkshire team at Club level, large numbers in both the West Yorkshire and North Yorkshire teams at School level, not to mention the four athletes who took part in the London Mini-Marathon.

With so many athletes performing at such a high level, it did mean that it was very difficult for the coaching team to make decisions about the various awards which have only recently been presented: a very good sign if ever there was one.

We all hope now that our young runners will be inspired by the performances they have seen and seek to emulate them, and there will certainly be plenty of opportunity to do so over the next few weeks.

I would point our youngsters to the sessions organised by Greg Trusselle on Thursday evenings at 7.00. This will give them a valuable introduction to fell-running and will, we hope, tempt even more of them to take part in the large number of fell races at this time of the year, details of which can be found on the club website or on Facebook.

For variety we still have five more races in the splendid 5k series, and it would be pleasing to see more of our athletes giving track-running a go: there are always vacancies on the team and Andy Warriner or Jill Jones would love to hear from you.

Let's keep this momentum going!

*Tomy Kingham*



## MEN'S VETERANS REPORT



The statistics in the 2017 AGM Magazine took me by surprise – 183 male vets and 78 female vets. That's a lot of wrinkly power! That power was put to good use over the last few months.

At the British Masters' Cross-country Relays at Long Eaton in October, our M75 team won gold, thanks to David Barber, Fred Gibbs and Les Haynes.

For the British Masters' Road Relays at Sutton Park in April we sent an M75 and M65+ team. Competing against three other 75+ teams, our trio of David Barber, Mike Smith and Les Haynes won gold. Les also took the fastest M75 lap award and Mike Smith second fastest. Our M65's scored a creditable sixth place amongst 14 teams.

Our 50+ men took the Yorkshire Three Peaks first team prize for the second year in succession. It was won this year by Ian Ferguson, Dave Stephenson and Paul Mitchell. Staying with fell running, Ian Holmes at 52 won the Coniston Fell Race on 5 May for the TENTH time.

As part of a campaign to promote Masters' Athletics, England Athletics, in partnership with the organisers of the Great Birmingham 10K Run, set up a Masters 10K International Championship. Two Bingley Harriers were selected to compete for England – John Smithurst and John Convery. On Sunday 6th May, all master's were positioned for the start behind the Elite men. They could be forgiven for starting too fast, given the unusual circumstances of having Moses Kipsiro and Andy Vernon (who finished first and second in the Open Race) just in front of them and thousands of runners of all ages behind them, all eager to achieve a good time. It was a case of starting quickly or risking being bowled over as they all surged forward. It was a hot day too. Despite the testing conditions, John Smithurst was the first M80 to finish and was awarded an International gold medal. John Convery was denied a medal, finishing fourth M55 and only five seconds behind the third M55. John junior clocked 36m-05, a fine performance on the day. Both Johns did the Club proud and John Smithurst gains a second Champion listing in the Club's Roll of Honour, having been British M55 5K road champion in 1993. In that Championship at Gateshead, he clocked 17m-29s.

I think on every occasion I have prepared a vets' report, one of our members has done an epic ultra-run that has most of us in awe. Stephen Fry has obliged this time with his Friday through Saturday 11 / 12 May towpath run, 127 miles from Liverpool to Leeds, completed in 26hours 35minutes. Not only did he raise over £5813 (at the time of writing) for Myeloma UK, but his enthusiasm for the attempt rallied support from many Harriers and others to join him on sections of the run, or just to cheer him on as he passed by. He boosted the team spirit within the Club and achieved a personal goal.

On 16 May the family and many Harriers said farewell to Kevin Dobson at Nab Wood Crematorium. Our Club has showed great respect and turned out in large numbers over the years when we have lost one of our own. Not only are runners generally nice people, the sport seems to attract at least its fair share of unique characters.

*Peter Ellerton*



# CLUB ROAD CHAMPIONSHIP REPORT



There has been much activity on the road scene to report. Firstly, there have been two club Road Championship races to date while the third in the series, the re-arranged Bradford Epilepsy 10K, will have taken place by the time this goes to print. Both events were well supported with 37 runners in the first race at the Bradford parkrun and 24 (4 senior men's and 2 senior women's teams) at the Yorkshire Road Relays.

## **The leading runners after two events are:**

### **Men**

1st. Matthew Merrick

=2nd Paul Lemmon /John Gallucci

### **Women**

=1st Nicola Jones / Victoria Merrick

3rd Caroline Francis

The remaining 6 events in the championship are listed below and, with 5 events to count, it's not too late to join in. And, in addition to prizes for the top 3 men and women, awards will be available across age groups. Full details to be confirmed.

## **CLUB ROAD RUNNING CHAMPIONSHIP 2018 – remaining events**

Thursday 7th June: Haworth 5 Mile (includes Y.V.A.A. Championship)

Sunday 1st July: Eccup 10 mile (includes Y.V.A.A. Championship) Thursday 19th July: Huddersfield (Series) 5K (includes Y.V.A.A. Championship)

Sunday 12th August: Firefighters 5 – Bradford. 5miles

Saturday 22nd September: Bradford (Lister) parkrun 5K

### **Regional Relays**

Teams were fielded in the Women's 6 Stage & Men's 12 Stage Northern Road Relays on 25th March in Birkenhead. Solid performances from all saw the women's team finishing 27th and the Men's team 45th. There was a great team spirit with members coming into the teams at the last minute, and quite literally in the Ladies race, leg 5 was out on the course when a volunteer for leg 6 was found. Others agreed to switch legs, often with little or no time to warm up, in order to keep the momentum. So once again a very big thank you and well done to all that took part.

Things went a little more smoothly in the Yorkshire Road Relays, held for the first time at the Brownlee Centre, Leeds on the 8th April. We had a great turnout, with 2 women's teams and 4 men's teams taking part. We also had great results with the women's A team 4th, just missing the bronze medal by a mere 10 seconds, backed up by the B team in 16th. The men also impressed with the A team finishing 10th followed by the B team in 25th, C team in 34th, and D team in 38th.

Again, there was a great team spirit, with everyone shouting encouragement to members on every leg and this was personified by our 'super vets' D Team that included our President John Smithurst and had a collective age



# CLUB ROAD CHAMPIONSHIP REPORT



of 266 years! Top individual performances came from Matthew Merrick, 10th fastest Man on the day, with Lesley Watson 12th and Phoebe Francis 14th fastest Ladies.

Hopefully, with this sort of spirit, things look promising for the Autumn Road Relays.

## **Other Road Running News**

Congratulations to our 7 representatives at this year's London Marathon. Nicola Jones, Waheed Khan, Natalie Madgett, John Merritt, Alexandra Richardson, Julie & Darren Thornton all completed the event in very respectable times in the hottest ever conditions for the race, heat that proved too challenging for a number of elite runners!

For those of you who are over 35 years of age and keen to test yourself against the best road runners in the country, and at the same time compete as a team, can I draw your attention to the British Masters 5K Road Championship on 17th June in Horwich. For more information, please get in touch with your respective Vets captains Sue Becconsall or Peter Ellerton.

I cannot finish this report without mentioning that John Smithurst, our evergreen President, has been selected to represent England in the Masters over 80 10K team to compete against the home countries. The race takes place on 6th May as part of the Simply Health Birmingham 10K. I am sure you will all agree that it is an honour richly deserved.

Finally, please can I remind you that whenever you are competing as a member of Bingley Harriers in team competitions, the latest version of the Club vest must be worn. Failing to do so runs the risk of disqualification not only for yourself but for the club.

I look forward to your continued support throughout the rest of the year and wish every success to you all, whatever your preferred discipline.

Many thanks,

*Neil Robson.*

Men's and Women's Road Team Manager.



## TRACK AND FIELD - TEAM MANAGER'S REPORT



This season the team is competing in Division 3EC, the remaining competition dates are Sunday 3rd June, Sunday 8th July and Saturday 4th August. As always, we are looking for promotion this season so if you think you can contribute as either an athlete or official (no qualifications necessary) then please get in touch.

Our first league meeting was at Barnsley in May, and we were reminded that track and field athletics is normally a summer sport although it's most unusual for us to have such warm sunshine at this time of the year, particularly in Barnsley! The weather was great for the power events, including a great PB for Joanna Lawler-Rhodes in the triple jump, but the distance competitors found it a little less comfortable to say the least. Well done to Tom Gomersal who did both the steeple chase and 5000m and Emma Green who doubled up in the 1500m and 3km. Stephanie Robson made sure that Bingley were well represented in the Women's 1500m too. The heat didn't stop Eliza Findlay, who ran a big PB of 11:43 in the 3000m securing maximum points in the process.

This season we welcomed Jack Muir and William Thompson to the men's squad for the first time and they both achieved excellent results in individual races and also formed part of the winning 4x4 relay which was great to watch. They did us proud. Strength in depth in the various disciplines always goes in cycles but the middle-distance section looks particularly strong this season. Abigail Allport (high jump) and Eliza Findlay made their senior team debuts for the ladies' team. Katie James and Joanna took first places in the horizontal jumps and sprinters Demetric Nelson and Aidan Leach dominated the men's 100m and 200m, as well as being part of the relays, Aidan also added points in the long and triple jump.

Archie Scott, Jack Muir, William Thompson and Tommy Thorp made up a youthful men's middle-distance group gaining lots of points in the 800m and 1500m. The age profile of the men's throwers was slightly higher but once again Matthew Savage and Phillip Jones put their effort and experience to good use and were rewarded with some good results.

The women throwers, Marnie Leach and Olivia Francis, placed well, Olivia also competed in the 100m as did long jumper Olivia Belcher.

Team spirit, enthusiasm and conduct were exemplary as always, a credit to coaches and a true credit to the Club,

A special thanks to our coaches and parents who chipped in as field officials alongside our usual dedicated track crew. Despite our best efforts the team came 5th overall so we are looking to come back strong in the next match, which Bingley are hosting.

*Colin Daniel* Men's team manager

07980 640937

*Andy Warriner* Ladies' team manager

07885 91001



## WOMEN'S TEAM CROSS – COUNTRY REPORT 2017 - 2018

Thank you, ladies, for such enthusiasm this year. Special thanks to Steve for sorting the club champs that motivated more into action than previous years. I'll try to do the same format for next season. This write up doesn't include our trip to Sheffield for the northern XC relays in the autumn as I can't find the results! (where we got 2 strong teams out including runners who didn't race later in the year (Nicola Jones).)

A total of 15 of us raced 45 times if I counted right. Special prize to Marisol who did every race going...or maybe thanks to her daughter for dragging her there!

### West Yorkshire League

5 ladies did the 3 races to count. 10 of us did at least one. Team was 5th overall in the series-beating KCAC!!!

### Yorkshire Cross- Country.

7th team beating KCAC by 1 place.... phew! Exciting to see Emily Field and Phoebe Francis finishing high up in their races.... the future is bright.... the future's blue ` n white!!! Jo Buckley first senior back in a steady 26th.

### Northern

A great turn out at the fabulous venue of Harewood House estate. It's to be used for the National next year so hopefully we will have a massive team there. Again - incredible junior girls showing us how it's done with Emily Field finishing 10th. We were 18th team, KCAC runners getting their noses in front of us by a mere 2 places. 1st senior lady back was Jo Buckley 71st.

### National

Good effort to the 4 ladies that made it down to fly our flag and finish a complete team. Ellie Kitchen was 1st Bingley runner in 245th.

Maybe we should arrange an inter-Airedale Valley cup for next year?

Well done Ellie K, Lesley W, Marisol, Ellie B, Liz Haywood, Becky W, Anna W, Clare S, Sally R, Caroline F, Emma G, Sarah D, Denise W, Nicola J and Alana G plus any omissions. See you all again next year.... Bring some friends to enjoy the mud!!

*Jo Buckley*



# WOMEN'S FELL REPORT



## Ladies fell report (1) Teams in action – It's not always easy but it's always a great experience and (2) Bringing the Jenny Vesey Trophy back to Bingley.

I have focused this report on two events where Bingley 'ladies' teams had great days out - fantastic achievements, learning more about how we can work as a team and individual capabilities, and how Jenny's trophy came back to Bingley. The events are the British Fell Relay Championships from Oct 17 where the value of family support was put to the ultimate test, and the Three Peaks Fell Race from April 18 proving yet again that 'you have to be in it to win it'.

### The Three Peaks Fell Race (AL, 37.4km, 1608m) Sat 28 Apr 2018. Team success and the Jenny Vesey trophy

The Three Peaks Fell Race has always been a popular Bingley event with Bingley holding both Men's and Ladies Records and several race and team winners. This year it is part of the Club Fell Championship – a hard decision perhaps, as runners need to have recent qualifying events to be allowed to enter – but not compulsory to qualify for the championship.

17 of our 19 entrants made the start line on a bright cool day with only light winds – perfect running conditions – even underfoot had dried a little.

Our results in Bib number order:

<a href="#">51</a>	Oliver Cheyne	M	4.16.41
<a href="#">52</a>	William Duggan	MV50	4.23.48
<a href="#">53</a>	Richard Falkingham	MV50	4.59.28
<a href="#">54</a>	Ian Ferguson	MV50	3.46.53
<a href="#">55</a>	Carl Hitchens	MV50	4.47.18
<a href="#">58</a>	Paul Mitchell	MV50	4.14.21
<a href="#">59</a>	Thomas Needham	M	4.25.29
<a href="#">60</a>	John Parkin	MV40	4.04.11
<a href="#">61</a>	Mike Scott	MV40	4.23.10
<a href="#">62</a>	Dave Stephenson	MV50	3.55.53
<a href="#">63</a>	Paul Tiffany	MV40	3.54.43
<a href="#">65</a>	J Robert Williams	MV40	4.24.25
<a href="#">786</a>	Ruth Thackray	WV40	3.56.48
<a href="#">787</a>	Lesley Watson	WV40	4.27.32
<a href="#">788</a>	Becky Weight	WV60	4.47.35
<a href="#">789</a>	Victoria Wilkinson	W	3.22.17

What do I like about these results? In no particular order:

- Three 'first timers' all with their own challenges – Richard (does most of his hill training on bridges near Goole!), Robbie (with dog damaged arm still in a protective splint) and myself (Becky – new V60). The race is a real challenge needing lots of preparation. All the club history, story and experience are a great support but also makes it feel a little daunting, living up to club expectations.



## WOMEN'S FELL REPORT



- there's always the mad one like Thomas Needham . A professed hater of fell runs who ran his two qualifying events in one weekend (Wadsworth Trog and Mickleden Straddle).
- there's life in the 'old dog' yet (sorry Ian) – Ian Ferguson in the winning V50 team 26 years after winning the race (for the third time!)
- Ruth Thackray (having run over 10 times and saying 'I don't ever get around to entering races now') running her best time ever in under 4 hours.
- Winning the Ladies team prize – Vic, Ruth and Lesley
- Winning the Men's V50 team - Dave, Ian and Paul
- Winning lady Vic, 33rd overall. Last year was a new record. This year the focus is on the World Long Distance Mountain Running Championships later in the summer for which 3Ps was a qualifying event for the British team. Vic qualified.
- For myself bringing the Jenny Vesey Trophy back to Bingley

Jenny was a Bingley Harrier. For me she had also been our family doctor for 20 years, and an Eldwick friend. In 2009 Jenny was the first V60 lady to complete the Three Peaks race, she retired with expectations of a full active life ahead, was diagnosed with acute myeloid leukaemia in September, and died before the end of October. Her family created the Jenny Vesey Trophy for the first V60 lady in the Three Peaks Race and Jenny's name is the first one listed on the trophy.

For several years there has been a little thought in the back of my mind that, when I reached 60, body and mind willing and able, I would like to bring the trophy back to Bingley. The personal challenge is that long races get my back, so I generally avoid them. They take me out of my comfort zone in more ways than one. The competition challenge - there are only two other names on the trophy since 2009, with one on several times – Wendy Dodds – a little older than me but a formidable fell runner – I have beaten her a couple of times in the last few years but not always and Wendy has run the 3Ps over 30 times – could I beat her on a first attempt?

The answer was yes on the day; I ran 4.47 – over 20 minutes slower than Wendy's V60 record of 4.23 from 2012 and only 9 minutes in front of her this year – good enough. Descending off Ingleborough, in some discomfort and very tired, I chatted with a lady runner I have met before – she lightly said, 'we can relax now, just got to get to the end'. I knew I couldn't relax. I knew my competition would not be far behind, had much more distance in her legs, and is a great descender, having experienced Wendy passing me in the latter stages of races before, but not this time.



Photo by Dave Woodhead

**Becky Weight and Wendy Dodds looking after the Jenny Vesey Trophy for 1st F60 in the Three Peaks Race, over the years.**



Photo by Becky Weight

**Winning ladies team – Lesley Watson, Ruth Thrackray and Victoria Wilkinson.**

I know of at least a couple of ladies who are targeting the 3Ps for the first time in 2019 – they are planning their 2018 running year to include some qualifying events. They need any two Long (A / hard or B / not quite so hard!) or Medium (A grade only) or have completed the 3Ps previously. Good luck for 2019.

*Becky weight* (Women's Fell Team Manager)



# BINGLEY HARRIERS' ANNIVERSARY CHAMPIONSHIP REPORT



Four track & field meetings and three Park Runs have taken place since the last update. Rebecca Flaherty becomes only the second member to post scores in three disciplines and, with a great performance in the 200m, moves from third to first place. Alana Gill and Becky Weight drop to second and third respectively, and Alex, Rebecca's brother, moves into fourth spot.

Will Rebecca pull further ahead with a field event? Can Alana catch her with a parkrun? How long will Alex stay behind his little sister? And what's happening with the men? There's only two of us in the top ten! So, come on guys, we can't let the girls have it all their own way.

You can still register for the last three West Yorkshire Track & Field meetings and championships if you apply before 3rd June (postal entries only). Please contact me if you need an entry form.

Good luck!

Pos	Name	Cat	parkrun	Bunny	Track	Field	XC	Total
1	Rebecca Flaherty	FU13	78.41	88.98	85.70			253.0
2	Alana Gill	FSEN		62.31	71.70	57.64		191.6
3	Becky Weight	FV60	81.77	95.11				176.8
4	Alex Flaherty	MU15		91.32	80.46			171.7
5	Mary Green	FV50	86.97	79.50				166.4
6	Lesley Watson	FV40	79.11	86.46				165.5
7	Emily Field	FU17	76.06		81.67			157.7
8	Peter Ellerton	MV70	71.50	84.13				155.6
9	Eliza Findlay	FU20		79.89	72.81			152.7
10	Sarah Flaherty	FV40	72.08	80.41				152.4
11	Theo Clay	MU15	69.69	81.16				150.8
12	Harry Atkinson	MV60	70.20	79.69				149.8
13	Paul Lemmon	MV50		74.77	72.72			147.4
14	Aidan Leach	MU23			84.74	61.56		146.3
15	Victoria Merrick	FU20	68.60	76.10				144.7
16	Nicola Jones	FV35	69.85	74.82				144.6
17	Bruce Duncan	MV60	68.55	74.18				142.7
18	Ethan Hunt	MU17			77.88	61.09		138.9
19	Olivia Belcher	FU20			74.08	64.28		138.3
20	Nicky Clay	FV40	63.12	71.78				134.9
21	John Merrick	MV40	68.52	65.25				133.7
22	Millie McDonnell	FU13			64.33	68.57		132.9
23	Ian Bland	MV50	65.69	66.14				131.8
24	Cian Pryce	MU13			71.10	56.45		127.5
25	Wayne King-Farlow	MV40	69.87	57.54				127.4

26	Lisa	Pearson	FV40	65.22	61.59			126.8
27	Eoin	Pryce	MU13			67.19	59.14	126.3
28	Bailey	Stirzaker	MU15			73.44	51.42	124.8
29	Emyr	Rees	MV50	60.31	62.48			122.7
30	James	Smith	MU20			67.55	54.15	121.7
31	Olivia	Francis	FU17			75.10	42.15	117.2
32	Paul	Spencer	MV50	54.96	60.34			115.3
33	Samuel	Cornwall	MU13			68.00	38.88	106.8
34	Ruby	Firth	FU17		89.86			89.86
35	Demetric	Nelson	MSEN			89.00		89.00
36	Lesley	Haynes	MV70	86.07				86.07
37	Morgan	Corcoran	MU15			85.67		85.67
38	Shona	Stone	FV40		84.66			84.66
39	Archie	Scott	MU20			84.37		84.37
40	Joe	Carnelly	MU17		84.28			84.28
41	Ben	Rees	MU15		83.38			83.38
42	Tim	Midgley	MV35		82.96			82.96
43	James	Askew	MU20			81.66		81.66
44	Oliver	Robinson	MSEN			80.29		80.29
45	Will	Duggan	MV50		79.95			79.95
46	Marisol	Car'era-Vivar	FV40			79.63		79.63
47	Tommy	Thorp	MU20			79.43		79.43
48	Matthew	Merrick	MU20	79.37				79.37
49	Stewart	MacDonald	MV50	79.21				79.21
50	Sam	Mantle	MU15		77.87			77.87
51	Bryony	Harding	FSEN		77.83			77.83
52	Abigail	Allport	FU17				77.54	77.54
53	Dave	Stephenson	MV50	77.37				77.37
54	Edward	Chafer	MU20			77.17		77.17
55	Stephanie	Robson	FV40			76.29		76.29
56	Joanna	L'ler-Rhodes	FU20				75.84	75.84
57	Paul	Mitchell	MV50	75.00				75.00
58	Simon	Wright	MV50		74.88			74.88
59	Emma	Green	FV40			74.72		74.72
60	Paul	Tiffany	MV40	74.36				74.36
61	Anna	McMillan	FSEN		74.22			74.22
62	Tom	Gomersall	MV35			73.47		73.47
63	Oliver	Peace	MU15	71.78				71.78
64	Mark	Westman	MV60	71.26				71.26
65	Rubie	Coulton	FU13	70.43				70.43
66	Greg	Trusselle	MV40		69.66			69.66
67	Sue	Fulton	FV50		69.49			69.49
68	Alison	Marks	FV50		68.31			68.31
69	Don	Johnson	MV60	68.25				68.25
70	Jonathan	Sutcliffe	MU17		67.10			67.10
71	Joseph	Smith	MU15		67.08			67.08
72	Katherine	James	FSEN				66.49	66.49
73	John	Smithurst	MV80	66.16				66.16

74	Simon	Jackson	MV40		66.08	66.08	
75	Mari	Johnson	FV40	66.00		66.00	
76	Alastair	Trusselle	MU13		65.81	65.81	
77	Robbie	Williams	MV40	65.10		65.10	
78	Joanne	Henry	FV35		64.53	64.53	
79	Tom	Duggan	MU17		63.81	63.81	
80	Eleanor	Brown	FSEN		63.74	63.74	
81	Chloe	Burbidge	FU17			62.48	62.48
82	Katie	Smith	FSEN		62.39	62.39	
83	Omaan	Rashid	MU15			62.32	62.32
84	Sophie	Findlay	FV40		62.23	62.23	
85	Gary	Naylor	MV40	62.12		62.12	
86	Joe	Graham	MSEN	61.14		61.14	
87	Jake	Findlay	MV40		60.81	60.81	
88	Lucy	Oldroyd	FU23	60.12		60.12	
89	Rhys	North	MV50		59.12	59.12	
90	Neil	Barrett	MV50	59.10		59.10	
91	Helen	Peace	FV50	57.19		57.19	
92	Pete	Shoard	MV40	55.40		55.40	
93	Lucy	Hall	FV35		54.20	54.20	
94	Thomas	Young	MU20			52.66	52.66
95	Callum	Rudkin	MU15	49.36		49.36	
96	Abid	Hussain	MV40	48.25		48.25	
97	Phil	Jones	MSEN			47.89	47.89
98	Marnie	Leach	FU17			47.64	47.64
99	Matthew	Savage	MSEN			46.93	46.93
100	Samina	Bashir	FV40	45.21		45.21	
101	Alfie	Warriner	MU20			43.45	43.45
102	Joshua	Butler	MU15			34.33	34.33
103	Tom	Clough	MSEN			26.25	26.25

### Included Events

Bradford parkrun to 12/05/2018  
 Bunny Runs 1 ,2 & 3  
 Spring Open T&F Meeting, Spenborough, 24/03/2018  
 Northern T&F League meeting 1  
 West Yorkshire T&F League meetings 1 &2  
 Yorkshire T&F Championships  
 YDL Lower meeting 1  
 YDL Upper meeting 1

*Bill Haygarth*



## BRITISH FELL RELAY CHAMPIONSHIPS REPORT



The British Fell Relay Championships are a regular target for Bingley's fell runners – 6 in a team with a mix of solo and paired legs including a 'navigation' leg where your map only arrives as you start running. Following close on the heels of the Hodgson Brothers Mountain Relay in Patterdale and often at a distant location it can be a challenge to get teams there. Llanberis in Snowdonia looked achievable, and enough runners were available, so ladies and men's teams were entered – before the closing date in August!

As the event approached, unexpected family, home and work commitments alongside the inevitable 'back to school' batch of illnesses took their toll. With 4 drop outs in the last week I could no longer keep a women's team together but having 4 still keen and willing, and especially two younger ladies new to the event, I decided to switch to a mixed team. It's great to experience these big national events so the next one feels easier. Also, we were past the entry refund date so why not!

With only a few days to go most runners had now filled their weekend otherwise so it fell to running 'Dads' to step in and John Merrick and Jake Findlay paired up to run Leg 2.

Myself, Jake Findlay and daughter Eliza travelled over on Saturday to go around Eliza's route (Leg 4, Solo, 8.3km, 512m). There is usually a 'short' leg in the Relay, flagged and marshalled, which experienced 16-year olds can do. Eliza, 16, runs regularly on the fells and earned an England vest in the Junior 2016 British Mountain Running Championships. She had already joined the senior ladies in local relay events and was keen to run. Saturday afternoon was grey and windy with hill tops obscured in cloud – Jake & Eliza headed off around Leg 4 (also giving Jake a view of Leg 2 and a good feel for the terrain). I wandered bits of various published legs trying to best guess where the navigation leg, which I was running with Vicki Merrick, may go. The Findlay's shared their bacon pasta tea with me (many thanks) as the wind buffeted their camper van. By 8.30 with a couple of hours dark behind us we were thinking about sleep and I retired to my tent.

The rest of the Bingley were travelling over for the day - an early start for a 3-hour drive from Bingley for a 10am race start joining 180 teams on the start line.

For the 'Ladies' team Vic Wilkinson ran Leg 1 (Solo, 8.9km, 707m) up through the slate quarries, onto the open fells and the summit of Moel Ellio. Vic finished 26 overall in 56.20, just under 30 seconds behind Beth Hanson (U23) from Edinburgh University. Jake & John took over for Leg 2 (14.9km, 900m). Despite no recce they were not too worried, with Jake having a seen some of the route, and, after Vic's fast start, they reckoned there would be quite a few teams pass them to show them the way! Waiting for J&J to come in Vicki & I heard the commentator describe the navigation leg (Leg 3) as 'interesting'. Vicki turned 18 the weekend before and celebrated by stepping up to run Within Skyline as her first 'senior' race. Vicki, with plenty of Junior fell running behind her, was happy to run one of the longer legs in the relay, but there was no doubt that this would be another challenging step up for Vicki. Happily, for Vicki & I, John & Jake came in just before the mass start. We collected the

maps as we set off – Vicki quickly orientated herself on the map and we headed down the road amongst the slate quarries. The map, stating 11.2km and 850m (we were going to be a long time!), had 6 checkpoints linked by straight lines. There were strict instructions about no wall climbing or



## BRITISH FELL RELAY CHAMPIONSHIPS REPORT



fence jumping and only crossing at recognised points marked on the map. Navigation would need to include checkpoints, crossing points and finding the best running lines. A mix of road, track and path took us to the top of a small knoll Ty'n-y-mynydd above the slate tips and the first checkpoint. To checkpoint 2 was a mix of 'cross country' over moorland grass, moss and heather and path over the shoulder of Bryn Mawr before dropping to a wall corner by a stream. Then a killer climb of 300m in less than a kilometre in soft grass and moss to the top of Moel Ellio which just seemed to go on forever. A number of 'false summits' revealed teams ahead and above, still climbing, as we moved into the swirling cloud. Despite finding the climbs tough Vicki stayed positive, and quickly bounced back once at the top. Beyond Moel Ellio teams spread out, disappearing in the cloud, some dropping immediately to find Checkpoint 3 nestling by a stream while others clung to the ridge not wanting to lose any unnecessary height. Back up to the ridge and over Foel Gron before dropping off a very steep but largely grassy descent to Checkpoint 4 again by a stream. Vicki's 'new that day' fell shoes held well, while I and many others did significant distances on our backsides. A long stretch now – dropping towards and skirting the immensely boggy slopes around Llyn (Lake) Dwythwch before climbing steeply up the shoulder of Yr Aelgerth. At the top there was some initial confusion as we crossed the Leg 4 route where L4 runners were already climbing along the shoulder. We had to ignore them and drop steeply down to Checkpoint 5 in the bottom of the next valley. By now a small but discernible fresh 'trod' lead us over the last climb to Checkpoint 6 before the final flagged descent through the slate quarries and tips, the lower part weaving a boggy and now very trodden and muddy route to the 'spectator' bog at the bottom where a vocal crowd encouraged runners to go for the bog. I declined skirting around to the side but Vicki boldly leapt in. I didn't see how deep it was, but she appeared quickly by my side and we both pushed on to finish amongst Leg 3 and Leg 4 runners. Our watches clocked 13km, 963m and 2hrs 43ms – Vicki's longest race to date and navigating too – a fantastic achievement - for us both.

Eliza, shouting us in, had just finished Leg 4 having gone off on the mass start at 3pm. She had a great run on Leg 4 (8.35km, 512m) coming 122nd overall and 25th lady (out of 58) in just over an hour, despite some tightness in her calves on the initial climb, which recovered across the top and descending back to the finish.

Our overall time was 7hrs 4m; as a women's team (our ladies, depending on who, would have run a similar or faster pace to J&J) we would have been 27th out of 38 which I was happy with – especially with 4 of the 6 being new to the event and this level of competition, and including 2 'juniors'. We all gained fantastic experience of the event, preparation, navigation, and how to deal with the uncertainty of unknown routes and times. Luckily the weather down at the Event Centre stayed dry, and was even sunny at times, so 'Camp Bingley' was reasonably comfortable while waiting to run.

A big thanks to everyone who ran, to Vic happy to support whatever team could run and help

our younger ladies experience a national event, to Jake & John for supporting the team (in more ways than one!), to Ellie Kitchen and Ruth Thackray who would have run if life had allowed, and especially to Denise Wright and Kate Farley, both of whom would have dearly loved to run, kept the day clear to the very last, but both suffering awful colds, coughs and sore throats and barely able to speak or run upstairs never mind a Welsh mountain. My sum of the day – 'challenging, brutal and fabulous'.



# BRITISH FELL RELAY CHAMPIONSHIPS REPORT



Becky Weight (Women's Fell Team Manager)

## BRITISH FELL RELAY CHAMPIONSHIP LLANBERIS WALES OCTOBER 2017 BINGLEY MEN'S TEAM REPORT

The men's team had a good day out finishing in 22nd place. Juniors Matt Merrick and Rueben Mantle helped make up a strong team. Matt on the Leg 1 (Solo, 8.9km, 707m) was just in front of Vic at the top of Moel Ellio but had to ease off and concentrate on his footing after a light ankle turn as he started his descent. He was still next in 27th place, 56.45 against the leading time of 47.27. Andy Brown and Ian Holmes were on Leg 2 (14.9km, 900m). No recces here (that I know of!) but just keeping some like paced runners in sight brought them back in 20th place in 1.27.08 against frontrunners in 1.16.03. Andy Jebb & Tom Gomersal were 'navigating' - experience and similar tactics took them round Leg 3 (13km, 900m) in 1.40.13, 31st against the fastest of 1.20.17. Reuben Mantle took over for Leg 4 (8.35km, 512m) finishing in 31st in 47.10 against fastest on the leg of 40.45 run by James Hall. James, unfortunately, twisted his ankle on the way down, hampering his XC season plans. The men finished 22nd in 4.51 against Dark Peak's winning time of 4.10

*Becky weight* (Women's Fell Team Manager)



## LIVERPOOL TO LEEDS - 127 MILES OF TOWPATH AND BLUE HOOPS TO ORANGE



It's Sunday 20th May, the weekend of the Royal wedding. Gout has returned to my foot because of my succumbing to the temptations offered by Arthur Guinness last Thursday at the Ilkley Cricket Club and I must live with the consequences for a few days. Never mind. I have been asked to write a piece about our Canal Run for the June edition of The Harrier. So, as I don't want to read the Sunday papers and as I can't walk, here goes.

The first question most people will be asking is why? Why did you want to go and run 127 miles along a canal?

Back in 2015 Dave Stephenson and myself had just run the Pennine Way and my brother in law, Steven Howley, was looking for a challenge himself. He asked me if I would be interested in cycling from Leeds to Liverpool along the canal saying, "I bet we could do it in a day."

Steve had planted a seed and I was interested enough to look on Google to see how far it was. Once I started to read the history of this engineering masterpiece I was hooked.

The more I read about the canal, the more I realised Bradford had been instrumental in providing something that had a massive impact on the world we have today and if it had never been built, the world we live in would probably be a different place.

In 1776 the first public meeting about the canal took place in the Sun Inn, Bradford. It was held at the insistence of a Mr John Hustler, a Bradford Textile Merchant. He was instrumental in getting the plans for the canal off the ground and for raising the money to finance the project. He recognised that Bradford needed a greater supply of limestone to extract lime to make mortar. This mortar was urgently needed to build the mills required to turn the textile process from a cottage to a major industry.

The first section of the canal opened in 1773 from Bingley to Skipton and so began Bingley's place in History. In 1774 the canal was extended to Shipley to meet up with the Bradford canal completed in the same year, at Dockfield. In 1775 it was extended to Gargrave, and in 1777 extended through to Leeds linking up with the Aire/Calder Navigation and access through to Hull.

However, the canal was losing money and although work had started at the Liverpool end, several of the Liverpool financiers had pulled out over the proposed route. Huster took over the role of project manager and persuaded them to return after promising the canal would be rerouted via Wigan giving access to the Wigan coal fields, and his Wigan business interests.

This is where it gets interesting. Access to coal was crucial. Up to now ships had been powered by wind and slow cumbersome sailing ships but the early 1800's brought the age of steam, and for this you needed coal. By 1860 one million tons of coal per year were being transported to Liverpool along this canal. Think about that. There is no way you could have transported that much coal by horse and cart. Simply impossible and yet without this coal the ships would not sail and the mass migration of Irish, Scottish and English settlers to North America would never have happened. The good old U.S. of A. would possibly have been a shadow of the nation it is today.



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Imagine if America had never become the dominant nation in the world. Would we have Coca Cola? Would we have Kellogg's Corn Flakes? Would we ever have put a man on the moon? No Elvis Presley or JFK? It really set me thinking. So, fascinated by the history, I recognised that the canal had played a significant part in Bradford's development and had been instrumental in the development of the freight industry, the industry I have worked in for 40 years. I felt I owed something to the people who built it. People who had indirectly given me full time employment for all my working life doing something I enjoy in a city I love. It was there in front of me, so I wanted to go and explore... but not on a bike. I hate cycling, so I was going to run it. But the question was: could I run it in 24 hours? Thus, the project was born. A project which was to last 3 years and finally come to fruition last weekend 11th and 12th May 2018.

Having answered the why, many of the people who have congratulated me asked me: How? How did you do that? It seems too simplistic to say I just put one foot in front of the other and kept going but really there is not a lot more to it.



How can I achieve a goal I want to achieve? Many people beat themselves before they even start a project by thinking "Can I do that?", rather than saying, "How can I do that?" It is a totally different mindset. To say, "Can I do that?" you are already questioning yourself; but to ask, "How can I do that?" you are already accepting that you can do it, but you have just not quite worked out how yet. And that's where the army comes in. Ask any army sergeant how to accomplish a goal and (s)he will say you need to engage your 7 P's P.P.P.P.P.P.

Proper planning and preparation prevents poor performance. As you can see that's only 6 and that's because most army sergeants throw in an extra P for effect the meaning of which I will leave to your imagination.

Basically, you need to break up the challenge in to smaller bit sized chunks. One management training course I went on called it, How to Eat an Elephant. It was not run by vegetarians. Nevertheless, that is the only way you can get your head around such an undertaking. As I was setting off from Liverpool the other night, I was not setting off to run 127 miles, that would be unthinkable. I was setting off to run 8 sections. Anyone can run 8 sections. It sounds a lot easier. A lot more chance of success.

Next, I am setting off to run a section with a group of friends. Now that's not difficult. The harder bit is to choose the friends. You need to be very careful. Running with someone in the small hours of the morning, when it's freezing cold and it's pouring with rain, you are tired, they are tired they have run 18 miles but at a slow pace because they are waiting for you. You need some big characters, some



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absolute rocks you can rely on to see you through. People who will not leave you in a heap because you have said the wrong thing. You may not be in a good place mentally as the sleep monsters and hunger trolls make you question your sanity. There is the possibility you may be snappy and irritable. Choose your friends carefully less they not be friends at the end of your little outing or outburst.

I have to say that the 30 or so people who kindly supported me were absolutely amazing. I am not going to name names. They know who they are and more importantly, they know what they did to get me to the end.

I cannot speak too highly of their selfless sacrifice, their warmth, the compassion and respect they showed me. We had the best of times. We shared something unique. We turned the blue hoops orange for the day and I feel very honoured to have had such a fantastic group of friends to be there when I needed them. I sincerely hope to be able to repay the favour at some point in the future. The canal run initially was never about fund raising. It was about a personal challenge I wanted



to complete. Then when I realised it was the club's 125th anniversary I felt here was an opportunity to do something as a club to mark the occasion and involve as many people as wanted to be involved. However following events in March, to do this run without raising funds for the Myeloma charity would have been a waste and slight on the memory of a special friend. I have been told that what I have done is inspirational. Thank you, but I don't feel it is. I was just doing something I really enjoyed. What is far more inspirational to me is seeing people enjoying life and living it to the full or doing simple things to the best they can. There is a line from the film Chariots of Fire when Eric's father is trying to persuade him to run on Sunday he says, "You can praise God by peeling an orange if you peel it to perfection". It doesn't matter if you are a religious person or not to understand that to strive to do something to your absolute

best is to be inspirational. This is what Angela Stephenson did, particularly in her last few months and I could not possibly complete this write up without mention of her inspirational contribution. I would ring Dave or text him and he would tell me how Angie had been up since 5am and baked a cake or batch of scones, they have already been for a walk around St Ives, or driven to York, and despite her pain they would now be in Sainsbury's or in a cafe and it was still only 9am. People will tell you it was the drugs, but I believe it was love for life and the intention to squeeze every bit possible out of every waking moment. Now that really is inspirational, and it certainly inspired me to want to get to the end of my run. There was no way I was going to succumb to the dreaded DNF, not with that kind of role model.

I am nothing extraordinary. I am just an average club runner with my best years behind me. I am 57 years old and yet If I can do it so can you. You just need a goal. So, set one.

Make it a personal goal not an organised event because half the enjoyment is in the planning, so don't go run the London Marathon or 3 Peaks. You can use those races as part of the training but make the goal something unique that you only do once. A BG or Run the Dalesway, or Cycle Coast to



# LIVERPOOL TO LEEDS - 127 MILES OF TOWPATH AND BLUE HOOPS TO ORANGE



Coast. Make sure it involves going through the night and seeing in the dawn because it is a thoroughly magical experience. Make sure you do it with friends.

Go on - what are you waiting for.

Stephen Fry



## REFLECTING ON A GREAT CAREER..... SO FAR



It was important when I started writing this that it didn't sound like an obituary, because Oliver Robinson hasn't died. What he has done is stop running the 400m hurdles. On the surface it may not seem like something to write about in the club magazine. However, I think a little reflection on his 400m hurdles career is worthwhile.

Whilst competing in the 400m hurdles Oliver has been 5 times the Yorkshire Champion and twice the North of England Champion. Oliver's fastest time, and club record is 52.42 and was set winning the 2011 North of England

Championships. He also made 4 trips to the British Championships (European, World and Olympic trials) between 2009 and 2012.

In total he has raced the distance 96 times for the club over 10 years. The most remarkable statistic however is his record in the team event for the club. The club competes in the North of England Track and Field League. A competition in which clubs compete against each other in four matches each season, in all the main disciplines of track and field, with athletes gaining points for the position they come in the event. The 400m hurdles is the first track event of the day, and Oliver ran 25 times for the club over the hurdles, winning 24 of them (a 96% winning record), ensuring the club got off to the best possible start in each match. His day was never a short one, and typically he would also run the 400m and both the 4 x 100m and 4 x 400m relays. I have been lucky enough to have Oliver train with my group for most of his senior hurdling career, initially coming to the group for his speed work whilst hurdling with John Baron in Leeds. In those early days the speed of others in the group complemented his incredible endurance and



capacity to train. Now, as he switches focus to the 800m, he acts as a mentor and training partner to the younger members of the group, sharing his invaluable experience of training and competing at the highest level. It may be a while before another Harrier dominates a track event in such a way, but hopefully there are some who will take inspiration from knowing what is possible with some hard work and dedication to training and competing.

*Keith Daniel*



## BINGLEY HARRIERS ATHLETES RUN FOR ENGLAND



England Athletics arranged for The Great Run Company to organise an international challenge master's runners 10k race as part of the development of

Masters' road running in the UK. Runners aged from 35-85 lined up with the Elite Men and Women as part of the Birmingham 10k on Saturday May 12th, 2018. The competition was to be between England Masters (male and female) teams and equivalent Celtic Masters (male and female) teams made up of runners from Scotland, Ireland and Wales, Isle of Man and the Irish Republic

Originally, England Athletics intended to select its team by qualifying races at Chichester, Trafford and Lincoln but the latter two were cancelled because of bad weather and so the England team was selected based on recent best performances from those registered for Trafford and Lincoln. John Convery was well within the M55 qualifying time of 39 minutes, as was John Smithurst for the M80 qualifying time of 61 minutes having achieved a time of 59:35 in the 10k at Benidorm last year. The Celtic team was only assembled in the weeks preceding the race, based on runners from Scotland, Wales, Northern Ireland, Isle of Man and Ireland who put themselves forward with comparable times to those of the England team.

The Celtic men's team was almost the same size as the England men's team, whilst the Celtic women's team was much smaller. To balance this out, the team scores were calculated by adding up positions in each age group, with the scoring positions for each team limited to the number of runners in the smaller team for that age group. England won the overall match conclusively with 124 to 237 points, despite some good individual battles within the age groups.

Two Bingley Harriers were selected to represent England – John Smithurst and John Convery - both of whom lined up behind Moses Kipsiro and Andy Vernon, both of whom the Bingley runners intended to use as pace-makers!! In the event, the heat (the race took place on the hottest day of the year so far) and perhaps the pace of Kipsiro and Vernon (who finished first and second in the Open Race) put paid to that scheme!! Nonetheless the Bingley men performed magnificently. John Convery finished 4th in the M55 category missing out on a medal by 5 seconds with a time of 36:05. John Smithurst won the M80 category and an international gold medal in a time of 62 :21, nearly 9 minutes ahead of the second England counter and 12 minutes ahead of the first Celtic counter. Outstanding performances by both who deserve congratulations for not only their performances but for representing club and country.

The individual age group winners were as follows:

Age Group	Name	Age Group	Name
M35	Michael Cayton (ENG)	F35	Jill Collett (ENG)
M40	Martin Williams (CELTIC)	F40	Kirsty Longley (ENG)
M45	James Skinner (ENG)	F55	Michelle Clarke (ENG)
N50	Andrew Leach (ENG)	F50	Maria Heslop (ENG)
M55	Stephen Watmough (ENG)	F55	Sue Phillips (ENG)
M60	Paul Mingay (ENG)	F60	Isobel Burnett (CELTIC)
M65	Paul Whelpton (ENG)	F65	Marion Hemsworth (ENG)
M70	Peter Young (ENG)	F70	Susan Garner (ENG)
M75	Tony Brackstone (ENG)	F75	Patricia Cummins (ENG)
<b>M80</b>	<b>John Smithurst (ENG)</b>		
M85	Richard Pitcairn-Knowles (ENG)		



## BINGLEY HARRIERS ATHLETES RUN FOR ENGLAND



Photographs courtesy of England Athletics

The top 5 male and 5 female age graded performances of the day based on their gun times were as follows:

Name	Age-Grading	Name	Age Grading
1. Maria Heslop (ENG-F50)	93.9%	6. David Millar (CELTIC-M45)	88.5%
2. Gail Griffiths (CELTIC-F50)	92.7%	7. Austin Sloane (ENG-M60)	88.5%
3. Andrew Leach (ENG-M50)	92.5%	8. Stephen Watmough (ENG-M55)	88.3%
4. Kathy Bailey (ENG-F50)	89.7%	9. Guy Woods (ENG-M55)	88.1%
5. Pauline Rich (ENG-F70)	88.7%	10. Isobel Burnett (CELTIC-F60)	87.6

John Capenerhurst

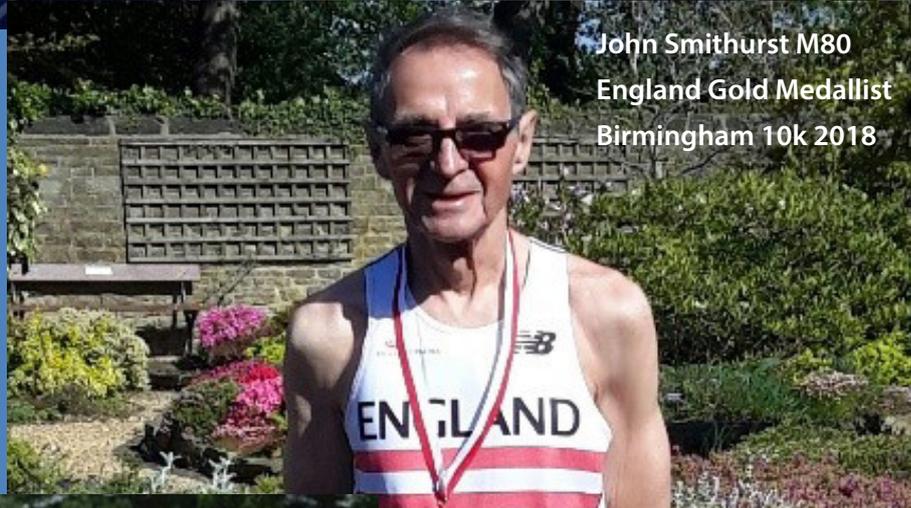
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John Smithurst M80  
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Photographs courtesy of Brenda Smithurst,  
Becky Weight, and Woodentops

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