



ANNUAL GENERAL MEETING AGENDA

MONDAY 13 JANUARY 2020 at 7.30pm

ANNUAL REPORT 2019

BINGLEY HARRIERS ROLL OF HONOUR

INTERNATIONAL REPRESENTATIVES

CLUB RECORDS



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Bingley Harriers & A.C. Affiliated to UK Athletics Limited

Supported by England Athletics Sport England, Awards for All, Sports Match.

BINGLEY HARRIERS & ATHLETIC CLUB

AGM AGENDA



Our vision is to "encourage and provide inclusive sports opportunities for both juniors and adults of all ages and abilities, and to ensure they are provided with the support and encouragement they need to reach their full potential".

Notice is hereby given that the 125th Annual General Meeting of Bingley Harriers & A.C. will be held on Monday 13th January 2020 at 7.30pm in the Function Room of the Brown Cow Public House, Ireland Bridge, Bingley

AGENDA

1. Apologies for Absence.
2. Minutes of Last Annual General meeting held on January 14th 2019.
3. Annual reports from Team Managers.
4. Hon. Treasurer's Annual Report, Auditors Comments.
5. Hon. Secretary's Annual Report.
6. President's Remarks.
7. Club Development
8. Presentation of The Sidney Glover Rotary Trophy.
9. Club Rules.
10. Election of Club Officials for 2020/2021.
Officials as Listed in Rule 3.
11. Annual Subscriptions.

Present rates	Seniors over 18	£37
	Under 18	£22
	Family Membership	£15 + £17 each for each family member
	Students	£22
12. Membership of Associations:
England Athletics, Northern Athletics, Yorkshire County AAA, Bradford Athletics Network, Yorkshire Veterans Association, Fell Runners Association, Northern Track and Field league, Youth Development League, West Yorkshire Cross Country Association, Three Peaks Association, Race Walking Association, Sports Hall Athletics Association.
13. Vote of Thanks to Retiring Officers.

Parents of younger members

Supporters of the club are welcome to attend the AGM on the understanding that they do not enjoy any voting rights but would be welcome to join any discussions.

BINGLEY HARRIERS & ATHLETIC CLUB

MINUTES OF 14 JANUARY 2019 AGM



Minutes of the 124th Annual General Meeting of Bingley Harriers & A.C. held Monday 14 January 2019 at the Brown Cow, Ireland Bridge, Bingley.

Those present were: John Capenerhurst, Barbara Carney, Gary Childs, Anthony Clapham (non-voting guest), Sue Cordingley, Keith Daniel, Peter Dyer, Oliver Downing, Peter Ellerton, Stephen Firth, Caroline Francis, Olivia Francis, Stephen Fry, Bill Haygarth, Jill Jones, Nicola Jones, Shaun Jordan, Tony Kingham, Adrian Netherwood, Paul Spencer, Peter Shoard, John Smithurst, Dave Stephenson, Stuart Thompson, Johnny Tomes, Lesley Watson, Dave Weatherhead, Becky Weight, Mark Westman, Alistair Young, Helen Young (30).

The meeting was declared quorate.

John Smithurst, President, welcomed members and announced that Dave Weatherhead would chair the meeting.

Dave Weatherhead opened the AGM at 7.30pm.

1. APOLOGIES were received from: Dave Anderson, Colin Daniel, Andrea Kerman, Alan Oates, Christine Oates, Graham Smith, Mike Smith (The Elder), Denise Wright (8).

2. MINUTES of the 123rd Annual General Meeting 10 October 2017

Proposed by Becky Weight

Seconded by Barbara Carney

Resolved: that the minutes of the Annual General Meeting held 10 October 2017 be accepted as a correct record.

All present were in favour.

3. ANNUAL REPORTS OF CLUB TEAM MANAGERS

(Submitted as published in the Annual Report 2017-2018.)

Questions were invited. There were none.

Proposed by Adrian Netherwood

Seconded by Stephen Fry

Resolved: that the reports of the Team Managers as published in the Annual Report 2017-18 be received with thanks.

All present were in favour.

BINGLEY HARRIERS & ATHLETIC CLUB

MINUTES OF 14 JANUARY 2019 AGM



4. HONORARY TREASURER'S REPORT AND BALANCE SHEET AND AUDITOR'S INDEPENDENT REPORT

The accounts are stated on a cash rather than accrual basis. At the time of writing they have not been reviewed by our auditor. For this year only, the reporting period covers 15 months (1st August 2017 to 31st October 2018), which resulted from bringing the membership year into line with the England Athletics registration year (1st April to 31st March) in 2018.

It's disappointing that the changes agreed at the last AGM only reduced, rather than eliminated, the deficit. It fell from £2,276 at 31st July 2017 to £1,263 at 31st July 2018 and would have reduced further had membership not declined by 7%. In addition, we now have an additional annual cost of c.£700 to affiliate the Club to Northern Athletics. To reduce expenditure 'The Harrier' will no longer be produced in any form and the Annual Report will be distributed in electronic format only; it will no longer be printed and posted. There being little scope for further savings without cutting back on our activities, the committee has concluded that it must propose an increase in subscriptions from 1st April 2019 to eliminate the remaining deficit and provide a buffer against further cost increases.

	2017/18	Notes
Subscriptions	8,038.00	New rates and structure from 01/04/2018
Training Fees	8,768.47	All sessions at Beckfoot School & B&BRC
Fund Raising	1,742.75	Schools' XC, Bingley Show, Eldwick Gala, Harriers v. Cyclists, Bingley Biathlon, Black Fell & Bradford 10K
Social Events	109.75	Club Handicaps, 5K Series, Backpack Run & Xmas Dinner
Kit Sales	-237.32	Deficit due to timing of stock purchase
Interest	1,314.96	Instant access account & fixed-rate bond
Donations	80.00	
Total Income	19,816.61	
Affiliation & Registration	6,395.00	Yorkshire Vets (£20), Northern Athletics (£700) & England Athletics
Training Venues	5,319.75	Beckfoot School & B&BRC
Juniors	3,468.14	Youth Development League
Racing Costs	2,336.17	Club-funded team events & senior T&F League
Printing & Postage	1,613.68	Annual Report (£962), Subs Renewals (£356)
Equipment	1,151.94	Mostly for track & field
125 th Anniversary	-247.37	Total cost £2,830.73
Coaches & Officials	669.00	Training for coaches and officials
Other	-45.17	
Total Expenditure	20,661.14	
Deficit	844.53	Increases to £1,523.90 when Xmas Dinner ticket sales (£432) and the £247.37 'profit' from the anniversary are taken into account.

Bill Haygarth (Treasurer)

BINGLEY HARRIERS & ATHLETIC CLUB

MINUTES OF 14 JANUARY 2019 AGM



Auditor's Report

I have now completed a full, substantive audit of the transactions for the Financial 'Year' 1st August 2017 - 31st October 2018. I have checked and verified incomes, expenditure and balances by comparison to source documents (bank statements, invoices and appropriate documents).

I confirm that, in my opinion, the Financial Accounts for the accounting year represent a true and reliable view of the financial position of Bingley Harriers & A.C.

Sue Cariss B.A (Open), B.Sc. (Hons), C.I.I.A, M.I.I.A.

The Treasurer invited questions.

Peter Ellerton sought and was given clarity about the Northern Athletics affiliation fee.

Proposed by: Peter Dyer

Seconded by Tony Kingham

Resolved: that the Treasurer's report be accepted with thanks.

All present were in favour.

5. HONORARY SECRETARY'S ANNUAL REPORT

(Submitted as published in the Annual Report 2017-2018.)

Questions were invited. There were none.

Proposed by Stephen Firth

Seconded by Barbara Carney

Resolved: that the Honorary Secretary's Report for 2017-2018 be received with thanks.

All present were in favour.

6. PRESIDENT'S REPORT

(Submitted as published in the Annual Report 2017-2018.)

Questions were invited. There were none.

Proposed by Tony Kingham

Seconded by Adrian Netherwood

Resolved: that the President's Report 2017-2018 be received with thanks.

All present were in favour.

BINGLEY HARRIERS & ATHLETIC CLUB

MINUTES OF 14 JANUARY 2019 AGM



7. CLUB RULES

There were no rule changes proposed at this meeting.

8. PRESENTATION OF THE SYDNEY GLOVER ROTARY TROPHY

John Smithurst, President, announced that he awarded the trophy to Becky Weight in recognition of her outstanding contributions to all aspects of the club's work.

9. ELECTION OF CLUB OFFICIALS FOR 2019

(As per rule 3 of the club's constitution)

PRESIDENT - JOHN SMITHURST

Proposed by Barbara Carney, seconded by Mark Westman. All present in favour.

LIFE VICE PRESIDENTS

Peter Dyer

None other proposed

VICE PRESIDENTS

- D. Anderson** Proposed by Barbara Carney, seconded by Stephen Fry. All present in favour.
- B. Carney** Proposed by Becky Weight, seconded by Stephen Firth. All present in favour.
- B. Dover** Proposed by Stuart Thompson, seconded by Stephen Fry. All present in favour.
- D. Green** Proposed by Tony Kingham, seconded by Barbara Carney. All present in favour.
- D. Lawson** Proposed by: Peter Ellerton, seconded by Adrian Netherwood. All present in favour.
- A. Oates** Proposed by Keith Daniel, seconded by Stuart Thompson. All present in favour.
- M. Peace** Proposed by Stephen Firth, seconded by Stephen Fry. All present in favour.
- G. Smith** Proposed by Tony Kingham, seconded by Adrian Netherwood. All present in favour.
- M.E. Smith** Proposed by Stuart Thompson, seconded by Stephen Fry. All present in favour.
- J. Waterhouse** Proposed by Tony Kingham, seconded by Peter Ellerton. All present in favour.
- F. Wheeler** Proposed by Barbara Carney, seconded by Mark Westman. All present in favour.

BINGLEY HARRIERS & ATHLETIC CLUB

MINUTES OF 14 JANUARY 2019 AGM



LIFE MEMBERS
PETER JEBB Proposed by Dave Weatherhead, seconded by Stephen Firth. All present in favour.

HONORARY SECRETARY
JILL JONES Proposed by Stephen Fry, seconded by Sue Cordingley. All present in favour.

HONORARY TREASURER
BILL HAYGARTH Proposed by: Peter Dyer, seconded by Barbara Carney. All present in favour.

MEMBERSHIP SECRETARY
DENISE WRIGHT Proposed by Bill Haygarth, seconded by Becky Weight. All present in favour.

MEN'S TRACK AND FIELD REPRESENTATIVE
Proposed by Keith Daniel, seconded by Becky Weight. All present in favour.

COLIN DANIEL

MEN'S CROSS -COUNTRY- REPRESENTATIVE

VACANT

MEN'S ROAD RUNNING REPRESENTATIVE

VACANT

MEN'S VETERAN REPRESENTATIVE
Proposed by Tony Kingham, seconded by Stephen Fry. All present in favour.

PETER ELLERTON

MEN'S FELL REPRESENTATIVE
Proposed by Leslie Watson, seconded by Adrian Netherwood. All present in favour.

ANDY JEBB

LADIES TRACK AND FIELD REPRESENTATIVE
Proposed by Keith Daniel, seconded by Becky Weight. All present in favour.

PHIL JONES

LADIES CROSS COUNTRY / ROAD REPRESENTATIVE
Proposed by Lesley Watson, seconded by Becky Weight. All present in favour.

JO SMITH

LADIES VETERAN REPRESENTATIVE
Proposed by Barbara Carney, seconded by Stephen Fry. All in favour.

SUE CORDINGLEY

LADIES FELL REPRESENTATIVE
Proposed by Keith Daniel, seconded by Stephen Fry. All present in favour.

BECKY WEIGHT

COACHING CO-ORDINATOR
Proposed by Stephen Firth, seconded by Stephen Fry. All present in favour

KEITH DANIEL

SOCIAL SECRETARY

VACANT

JUNIOR BOYS' REPRESENTATIVE
Proposed by Stephen Firth, seconded by Mark Westman. All present in favour.

TONY KINGHAM

JUNIOR GIRLS' REPRESENTATIVE
Proposed by Keith Daniel, seconded by Barbara Carney. All present in favour.

JILL JONES

AUDITORS
Proposed by Barbara Carney, seconded by Sue Cordingley. All present in favour.

SUE CARISS

BINGLEY HARRIERS & ATHLETIC CLUB

MINUTES OF 14 JANUARY 2019 AGM



COMMITTEE MEMBERS (7)

Proposed by Peter Dyer, seconded by Mark Westman. All present in favour.

JOHN CAPENERHURST, ANDREA KERMAN, ADRIAN NETHERWOOD, DAVE WEATHERHEAD, BECKY WEIGHT (5)

Proposed by Becky Weight, seconded by Barbara Carney. All present in favour.

CAROLINE FRANCIS (6)

Proposed by Becky Weight, seconded by Adrian Netherwood. All present in favour.

NICOLA JONES (7)

APPOINTMENTS MADE BY THE COMMITTEE TO BE ENDORSED AT THE NEXT COMMITTEE MEETING

MEN'S ROAD CLUB CHAMPIONSHIP TEAM MANAGER	MARK WESTMAN
MEN'S TRACK AND FIELD TEAM MANAGER	COLIN DANIEL
MEN'S ROAD RUNNING TEAM MANAGER	MARK WESTMAN
MEN'S CROSS-COUNTRY TEAM MANAGER	STEPHEN FRY
MEN'S VETERAN TEAM MANAGER	PETER ELLERTON
MEN'S FELL TEAM MANAGER	ANDY JEBB
LADIES' CHAMPIONSHIP TEAM MANAGER	JO SMITH
LADIES' TRACK AND FIELD MANAGER	ANDREW WARRINER
LADIES' ROAD RUNNING TEAM MANAGER	SUE CORDINGLEY
LADIES' CROSS - COUNTRY TEAM MANAGER	STEPHEN FRY
LADIES' VETERANS TEAM MANAGER	SUE CORDINGLEY
LADIES' FELL TEAM MANAGER	BECKY WEIGHT
BOYS' JUNIOR TEAM MANAGER	TONY KINGHAM
JUNIOR FELL TEAM MANAGER	GARY CHILDS
BOYS' XC / ROAD TEAM MANAGER	TONY KINGHAM
GIRLS' XC / ROAD TEAM MANAGER	TONY KINGHAM
UPPER YDL TEAM MANAGER	TOM CLOUGH
LOWER YDL TEAM MANAGER	JILL JONES
PRESS OFFICER	JOHNNY TOMES
WEBSITE MANAGER	STEPHEN CARNEY
DEVELOPMENT OFFICER	MARTIN PEACE

BINGLEY HARRIERS & ATHLETIC CLUB

MINUTES OF 14 JANUARY 2019 AGM



SCHOOLS LIAISON OFFICER	TONY KINGHAM
MAGAZINE EDITOR (Annual Report only)	JOHN CAPENERHURST
VOLUNTEER COORDINATOR	JOHN CAPENERHURST
TRACK AND FIELD OFFICIALS COORDINATOR	JANET PEARSON
WELFARE/CHILD PROTECTION OFFICERS / CBS VERIFIERS	GRAHAM SMITH SUE FULTON
JUNIOR COORDINATOR	JILL JONES
MINUTES SECRETARY	JOHN CAPENERHURST
BRADFORD & BINGLEY SPORTS CLUB LIASION	BECKY WEIGHT

10. ANNUAL SUBSCRIPTIONS

Present rates

Seniors	£30
Second claim seniors and over 18s	£15
Under 11s, Juniors and Student members	£20
Family Membership	£15 Club Fee +England Athletic fee for each competing member
Senior Citizens	£20

Proposed rates

- (1) That the subscription rate for Seniors and those over 18 should increase by £7 to £37 to take effect from 1st April 2019.
- (2) That the subscription rate for under 11s, Juniors and student members should increase by £2 to £22 to take effect from 1st April 2019; and that second claim members in these categories should continue to pay £5.
- (3) That Family Membership subscription should comprise £15 club fee; plus £17 for each member to take effect from 1st April 2019.
- (4) That the subscription rate for senior citizens be increased by £2 to £22 to take effect from 1st April 2019.
- (5) That the subscription rate for second claim senior and second claim over 18 members remain unchanged at £15 to take effect from 1st April 2019.

Gary Childs suggested that consideration of the relationship between an increase of subscriptions and loss of members should be factored into calculations when considering the proposals for increasing subscriptions. He suggested that an increase in the club's revenue could come from raising the training fees rather than increasing subscriptions which tended to reduce membership. Recruiting more members might be preferable to raising subscriptions.

Proposed by: Peter Dyer

Seconded by Stephen Fry

Resolved: that the subscription rates to take effect from April 2019 be accepted and that the committee examine the possibility of increasing the training fees also.

FOR: 29; AGAINST 0; ABSTENTION 1 (Gary Childs)

BINGLEY HARRIERS & ATHLETIC CLUB

MINUTES OF 14 JANUARY 2019 AGM



11. MEMBERSHIP OF ASSOCIATIONS

UK Athletics, England Athletics, (2) North of England Track and Field League, (3) Yorkshire County AA, (4) Bradford Athletics Network, (5) Yorkshire Veteran Runners' Association, (6) Fell Runners Association (7) Northern Track and Field League, (8) UK Youth Development League, (9) West Yorkshire Athletics, (10) Three Peaks Race Association, (11) Race Walking Association, (12) Sports Hall Athletics Association.

Membership of the associations to be monitored annually by the committee.

Proposed by Stephen Firth

Seconded by Keith Daniel

Resolved: that membership of the above Associations be renewed.

All present in favour.

12. VOTE OF THANKS TO RETIRING OFFICIALS

Barbara Carney, committee member, thanked on behalf of all club members the following club members for their invaluable and reliable services:

Neil Robson

Phil Hawkswell

Martin Peace

Stephen Firth

Barbara Carney thanked all the above officials who had given their time and effort to the club. She especially thanked Phil Hawkswell whose recent death had deprived the club of an enthusiastic member devoted to making the club a welcoming and inclusive organisation.

The meeting closed at 8.42 pm.

BINGLEY HARRIERS & ATHLETIC CLUB

PRESIDENT'S REPORT 2019



One of the most pleasing features of Bingley Harriers' history has been the ability of its coaches to produce not only good all-round club athletes, but also athletes of national and international standard. These national and international bound athletes have not always stayed with the club in the later stages of their athletics careers, but our club has set them on the road to success and we should and do take great pride in this. Emile Cairess, Jessica Mayho, Sarah Benson, Rhea Southcott, Matthew Merrick spring to mind as recent examples of athletes who have progressed from juniors to seniors in Bingley colours before moving on to greater successes with other clubs. The Brownlee brothers, Rebekah Tiler, Dominic Nelson, Oliver Robinson, Aidan Leach and Morgan Corcoran have come through the club's ranks to perform at the highest levels and stayed as club members. Our coaches and members of the club welcome these successes and are happy to have been part of the development of all these athletes.

Our Junior Coaches who undertake sessions in the Sports Hall at Beckfoot School during the winter months and on Beckfoot School Field in Spring and Summer set some athletes on the pathway to success and hope to generate a long interest in athletics. But in recent years the interest generated at these popular sessions has not translated itself into either committed club membership amongst junior members or a marked willingness of many junior members to represent Bingley Harriers and A.C. in competitions, particularly track and field fixtures where Janet Pearson and Jill Jones frequently struggle to put out half a team let alone one which covers all events in the Youth Development League fixtures. (See Jill Jones's report on the Lower-age Youth Development in this Annual Report).

Consideration of the Membership Secretary's comments in this Annual Report and also the comments made in our Treasurer's Report, suggest that whilst membership of our club has shown a decline over the past five years in all sections, it is the Junior section which has lost the most members. The club had 510 members in 2016 and since that date we have lost 25 seniors and 87 juniors. The loss in membership fees coupled with the increase in prices of equipment, mini-bus and coach hire, affiliation fees, means that the club has ended with a deficit of some £600 for each of the last four years. That is clearly unsustainable and has serious implications for the club's future.

It would be sad to see the end of Bingley Harriers participation in the Lower age-group Youth Development League. But we may have to take drastic action. Four fixtures in that league at Doncaster, Hull, Rotherham and Lincoln will require buses which will cost in the region of £400 per trip to hire. If last year's trend continues then they will be half empty and whilst those who travel on the buses pay for their journeys these contributions barely cover half the costs which will mean the club will pay some £800 over the year. Discontinuing the YDL Lower fixtures would perhaps change the deficit of £600 into a surplus of £200? But do we as club members really want to see our involvement in the Lower- age YDL fixtures disappear?

The club's committee has been examining more positive ways to increase revenue and one suggestion which I find very exciting is that of putting on a prestigious race in Bingley itself. I am of an age to remember the very successful Bingley Half Marathons in the 1980s and would welcome again having a race with Bingley in its title. Discussions are at an early stage yet, but the idea is to have a 10k race starting at Bingley, running out and back along the Bingley By-pass. Both Bingley Town Council and Bradford Metropolitan Council have responded positively to the suggestion although the more serious meetings will take place in March next year. It is essential that Bradford Council undertakes road closures and manages these and traffic diversions. Guiding runners and organising the race administration will be the club's responsibility, but I am confident that with the club's huge volunteer base we will be able to do our part of the race's organisation. A tentative date is September 2021. Let's hope a race can be organised and we can put Bingley on the race map once again as well as boost our financial situation.

John Smithurst

BINGLEY HARRIERS & ATHLETIC CLUB

SECRETARY'S REPORT 2019



Dear Members.

On behalf of the Committee I would like to thank you all for your continued support of the club. We have again had a year to be proud of with athletes from all sections of the club competing at every level and all achieving results to be proud of.

I'm sure the team managers and coaches will be pleased to tell you about all these achievements and more in the magazine. I would like to thank the coaches, team managers and volunteers who give their time and energy and are happy to share their expert advice with all our athletes, without you all we wouldn't have a club to be proud of or all the talented youngsters (and oldies) coming up through the ranks.

The club is always looking for more track and field athletes and there are always places to fill in the senior teams so if you would like to give it a go please get in touch with Colin Daniel, Andy Warriner or myself and we will be able to give you more information about matches and training times. New athletes are always welcome to come and try another discipline.

As usual, I will finish by saying all our team managers do a great but very difficult job trying to get teams and helpers together. If you can help by competing or you would like to lend a hand marshalling at a race or helping at a match please let them know. We are always grateful for any extra helpers.

Jill Jones

BINGLEY HARRIERS & ATHLETIC CLUB

MEMBERSHIP REPORT 2019

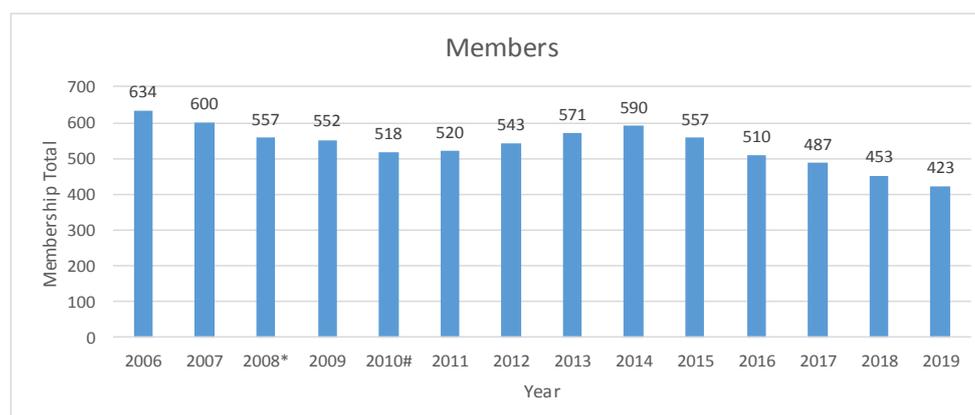


Bingley Harriers & AC Membership Statistics as at November 2019

	Nov-19	inc/-dec	Aug-18	inc/-dec	Aug-17	inc/-dec	Oct-16	inc/-dec
Male Vets	175	-4	179	-4	183	4	179	1
Female Vets	79	3	76	-2	78	-4	82	-4
Male Senior	29	1	28	-8	36	-3	39	7
Female Senior	13	-6	19	1	18	-3	21	3
Male U20	22	8	14	-10	24	5	19	-9
Female U20	13	-2	15	-7	22	0	22	3
Male U17	24	13	11	-3	14	-4	18	-3
Female U17	9	-3	12	-2	14	-2	16	-6
Male U15	13	-14	27	-4	31	1	30	6
Female U15	11	-3	14	-3	17	-3	20	-8
Male U13	13	-1	14	-2	16	-4	20	-17
Female U13	11	-9	20	5	15	-4	19	-11
Male U11	6	-4	10	3	7	-8	15	-6
Female U11	5	-9	14	2	12	2	10	-3
TOTAL	423	-30	453	-34	487	-23	510	-47

Seniors & Vets	296	-6	302	-13	315	-6	321	7
Juniors (U11-U20)	127	-24	151	-21	172	-17	189	-54

Male	282	-1	283	-28	311	-9	320	-21
Female	141	-29	170	-6	176	-14	190	-26



*Drop in membership numbers primarily due to a strict enforcement of lapsed membership
#Drop in membership numbers most likely as a result of increased subscription rates

BINGLEY HARRIERS & ATHLETIC CLUB

TREASURER'S REPORT 2019



Unaudited Income & Expenditure Statement Year to 31/10/2019

At the time of writing the accounts have not been reviewed by our auditor.

This statement has been prepared on a 'cash' basis, which means it includes all income received and expenses paid during the year, whether or not they relate to the Club's activities during the year. For example, some receipts for the 2019 Christmas dinner are included in the income, but the dinner will take place in December, so they relate to the following financial year (2019-20). Similarly, costs for the 125th Anniversary dinner are included in the expenses and as the dinner was held in October 2018, they relate to the previous financial year (2017-18). When these and similar items are removed from the figures the deficit of £1,677.51 shown in the table becomes a surplus of £607.59. It must be pointed out that this surplus is solely due to the Black Fell Race being an English Championship race in 2019, which greatly boosted entries and led to a surplus on the race of £1,348. Had the surplus been £70, the same as in 2018, the year would have ended with a deficit of c.£670.

Description	Year to 31/10/2019	Notes
Subscriptions	8,315.50	
Training Fees	5,655.67	All sessions at Beckfoot School and B&BRC
Fund Raising	2,453.79	Schools' XC, Bingley Show, Eldwick Gala, Harriers v. Cyclists, Biathlon and Black Fell
Kit Sales	322.52	
Interest	835.07	Instant access account and fixed-rate bond
Other	707.72	Donations & marshals for Bradford 10K
Total Income	18,290.27	
Athlete Reg. & Affiliation	5,789.00	England Athletics athlete registration and Northern Athletics affiliation
Training Venues	4,708.00	Beckfoot School and rugby club
Juniors	2,531.27	Youth Development League, awards & catering
Racing Costs	1,293.00	Relay races and senior T&F League
Social Events	86.00	Club Handicaps, 5K Series and Xmas Dinner
Printing, etc.	449.37	Subs mailing, annual report and web/email
Equipment	1,355.26	Sports hall, watches, off-track and T&F
Training	320.00	Training for coaches and officials
125th Anniv.	3,064.10	Anniversary dinner
Other	371.78	
Total Expenses	19,967.78	
Surplus/Deficit	-1,677.51	

BINGLEY HARRIERS & ATHLETIC CLUB

TREASURER'S REPORT 2019



Account Balances at 31/10/2019

Account	Balance	Notes
General, Subs & Kit Sales	5,740.21	
Skipton Instant Access	10,798.90	
Skipton Bond	54,480.86	One-year fixed-rate
Total	71,019.97	

While the Club has significant cash reserves, it has ended the year with a deficit in each of the last four years due, in the main, to a declining membership. We had 510 members in October 2016, since when we have lost 25 Seniors and Veterans and 62 Juniors, a total of 87 (net of new joiners). The committee is exploring ways to arrest the decline and recruit more new members.

Athlete Registration

The fee paid to England Athletics for Athlete Registration is increasing from £15 to £16 on 1st April 2020. In line with the decision taken at the AGM in October 2016, subscriptions will be increased by £1 per member in all categories from that date.

Family Membership

When subscriptions were increased at last year's AGM the Club element of Senior membership increased from £15 to £20. The committee had intended to propose that the Club element of Family membership be similarly increased to £20, but due to an oversight it was not put to the meeting. The committee now proposes that it be increased from £15 to £20 to bring it back into line with Senior membership.

Subscriptions

Current Rates				
Category	Club Element	Athlete Registration	Northern Athletics	Total
Seniors	20	15	2	37
Juniors, Students & Retired	5	15	2	22
Family	15	*15	*2	-

*cost per family member

Rates from 1 st April 2020				
Category	Club Element	Athlete Registration	Northern Athletics	Total
Seniors	20	16	2	38
Juniors, Students & Retired	5	16	2	23
Family	20	*16	*2	-

*cost per family member

Bill Haygarth

BINGLEY HARRIERS & ATHLETIC CLUB

COACHING CO-ORDINATOR'S REPORT 2019



As 2019 comes to an end we are currently in the process of conducting a coaching audit to assess the sessions that we provide to members on a weekly basis. Until then, it's business as usual. Once the audit is complete the next stage will be to develop what those involved in sports administration call an "athlete pathway". In reality we will be setting out a list of weekly sessions based on what the coaches running those sessions are looking to deliver, and ensuring that members can access the most appropriate coaching for their needs.

One of the unique aspects of our club is we cater for the youngest to the oldest enthusiasts of our sport, and from the shortest events (60m) to the longest (Ultramarathons), plus everything in between as well as technical events in the field and on the fells. Our primary aim as a coaching group is to deliver a programme of sessions that allows each attendee to progress at her / his own pace without over-training or getting injured.

It has been made abundantly clear to me at various coaching events over the years that if athletes are following my programme and they get injured it is my fault. This is an interesting viewpoint for two reasons:

- 1) It highlights the responsibility I have to my group to impart very clear instructions and consider as many variables of their physical, psychological and emotional selves as possible.
- 2) It puts into perspective any expectation of an athlete, parent and coach that the time scale for progress should be mediated by adaptations to training and not a qualification standard for an event in any given season.

Compromising health in attempting to achieve unrealistic, short term goals, is therefore detrimental to ultimate or lifelong athletic dreams and ambitions, and not something we as coaches are prepared to do in the name of "success" or self-promotion.

Within the overall coaching structure at the club we are therefore going to provide guidance as to what is a reasonable amount of training to undertake to make progress. It is then the responsibility of each member to ensure their expectation in terms of the size of the goal and the timescale for achieving it is realistic.

A common example of this, amongst most competitive junior athletes, is to cite the Olympic Games as a goal worthy of achieving. As coaches we must ensure we are prepared to match that ambition in terms of our own coaching development and seek support and guidance from mentors as well as gain more qualifications. Before we give up work, re-mortgage the house and move to altitude (or a warmer climate etc) with our charges, we must begin with the basics. A bare minimum expectation would be that specified training, appropriate nutrition, and sleep habits are prioritised above social media browsing by those with lofty ambitions.

Consistent attendance and focused application at the prescribed training sessions is to be valued over achievement at the next competition. To provide context to progression, be that mental physical, emotional, or the adherence to the process is the true role of the coach and to most of us, the reason we are involved in coaching. We live for the satisfaction that we did the best we could with what we had available.

To that end we will start with a structure for club training sessions and build on that with those individuals with specific goals to enable everyone to progress towards achieving their own goals.

Working as a larger coaching team is the end goal, and as an example of this there are now at least 5 regular coaches delivering sessions at the track at UAK covering sprints, jumps and throws for all ages and ability levels. Members who attend can now be guided towards the most suitable event group for them and the coaches are working together, not only to improve the athletic performance of those taking part in the sessions but improving their own coaching knowledge, sharing insight and opinions on methods of training and helping each other with the challenges that are presenting in their athletes.

Once we arrive at a similar position across all the training venues, we should reap the full benefits at team and individual athlete level through the age groups and across all disciplines. If you are reading this and want to get involved in helping, coaching or just talking about what could be involved in coaching then please get in touch at Keith.Daniel@fulleffect.co.uk 07714237278.

BINGLEY HARRIERS & ATHLETIC CLUB

JUNIOR TRAINING SESSIONS 2019



We run a very popular Sports hall training session at Beckfoot School every Tuesday night in term time.

6.30 to 7.30 for children aged 7 to 11

7.00 to 8.30 for children aged 11 and over

All sessions cost £2.50

In these sessions we cover running / sprinting, throwing (javelin & shot) and jumping (long jump & vertical jump). We are inside in winter and move outside on to the field after Easter.

We have about 50 children attending each Tuesday and it is a pleasure to see so many enjoying an introduction to athletics. Many carry on and compete for us in the Youth Development League when they are old enough and just to make the coaches feel old, they carry on with the Club and compete as seniors.

We hold three competitions each year and each child receives a certificate or a medal if in the top three and of course, a Christmas fun night where we all get to wear a Santa hat.

Jill Jones

BINGLEY HARRIERS & ATHLETIC CLUB

SENIOR WOMEN'S CROSS-COUNTRY REPORT 2019



A report for the senior ladies would not be complete without a mention of the amazing up and coming talent in the junior ranks. For what we lack in 20 to 40-year olds we more than make up for in the younger age groups, so the future certainly looks bright. So far in this recent West Yorkshire league we have had excellent performances in the U11 (Abby Clay 7th In the league), U13 (Ruby Coulton and Mia Naylor 20th and 21st respectively) and the amazing Rebecca Flaherty winning the U 15 league outright. Then we had no one completing the full league until a flurry of over 45's!! Lesley took 2nd and Sarah Flaherty and Stephanie Robson shared 4th over 45....not forgetting Becky Weight's 1st place in the over 60's and Caroline Francis's 4th in the over 55's.

In the more distant past, but still in 2019 there was the return of some housewives' favourites in the form of Victoria Wilkinson who dug out her old spikes (10th at the Yorkshire, and Ruth Thackray who paced Victoria Merrick to a strong result. With me as well we had a good team finishing 7th team in Yorkshire, and the B team came 15th.

A 2nd and 3rd from Martha Jackson and Rebecca Flaherty in the U13 clearly set us some high standards to aim at. Then came the Northern at Pontefract racecourse. It was thrilling to see Martha Jackson 1st and Rebecca Flaherty 4th with a complete U13 team made up with Grace Ross and Holly Walters gaining a fabulous 8th team. We seniors (OAP's more like!) did our best to match them with 11th team overall (me 66th, Ruth Thackray 80th, Stephanie Robson 99th and Lesley Watson 123rd.)

Then came the grand finale in the form of the National. Held locally for us at Temple Newsham on a beautiful crisp, clear day with Red Kites soaring above. Star mention of the day goes to all 17 senior women who showed up bringing us home as 21st team in the whole of England. Wow, just wow! A very respectable result. How Ruth Thackray, Shona Stone and I managed to finish within 9 seconds having run around entirely independently of each other beggars belief. I'd love to find a photo of us battling each other on the run in!!! A memorable day was had by all and I think I can say for all Bingley Harriers it was brilliant to see ex - Bingley junior Emile Cairess's stunning performance in the senior men's race where he just missed out on gold.

Thank you all who ran and sorry if there are any glaring omissions in this report.

Well done all for juggling life, families, injuries, excuses and showing up for your lovely club.

Jo Buckley

BINGLEY HARRIERS & ATHLETIC CLUB

ROAD RUNNING REPORT 2019



This year's road championship was designed with several things in mind. These were; distance to be travelled, cost of the event, a variety of race distances and status of the race (from a local event to a major city event). Overall, the aim was to provide a set of races which were challenging, enjoyable and manageable (in terms of cost of entry and travel time required).

This year's championship was attended by approximately 35 male and female harriers.

Results are as follows:

Male winner

1st David Jefferson - (2nd Emyr Rees 3rd Abid Hussain)

Female winner

1st Sarah Flaherty - (2nd Phoebe Francis 3rd Mary Green).

Here is a selection of other races that some of our members participated in this year with a number of performances worthy of note.

In February at the Dewsbury 10k John Convery (M55) finished 76th overall in a fast time of 35min 47sec and a chip time of 35:45. Donald Johnson also finished in 1110th recording a chip time of 53:13. A good number of Harriers competed in the Bradford 10k in March (included in this year's road championship). 11th was Huseen Usuie in 35min 20sec, 24th Tom Needham recording 37:23 and 97th Paul Clegg in 41:11. From our female members Phoebe Francis finished 100th in 41:23, 108th Sarah Flaherty in 41:35 and 144th Eliza Findlay in 42:31. Later that month Tom Needham recorded 2hrs 11min 55sec placing him 19th in the tough Spen 20.

During April two fast performances were recorded in 10k races. Tim Midgley finished 38th in 34min 27sec at Salford and Lesley Watson ran a PB time of 39:29 to finish 128th and 2nd V45 in the Port of Blyth 10k and was awarded a British Masters championship silver medal.

Our 3 fastest members in the London Marathon held in April were Tom Needham 2 hrs 57min 28sec, Nicola Jones 3:18:32 and Ethan Thornton who recorded 4:10:30.

In the Eccup 10 at the end of June, Mike McCartney was the first Harrier to finish in 20th position overall recording 61min 45sec, Jonathan Gallucci came 62nd in 67:42 and Gary Naylor 259th in 81:27.

The Spen Greenaway 10k was held in September in conjunction with the Northern Masters 10k championship. Donald Johnson (M65) finished 49th overall in 46min 44sec and Peter Ellerton (M70) 69th in 51:06.

In the Wetherby 10k Tom Needham was 14th in 35min 18sec, Stuart Thompson (M70) 216th in 47:21 and Oliver Downing (M70) 464th in 55:37. Clare Smith (F45) 54:12, Liz Garlick 58:43.

The Abbey Dash 10k took place in October, James Askew was the first harrier to cross the line in a chip time of 36 min 07sec, Jonathan Gallucci finished in 39:02 and Patrick Jagger 45:24.

On a final note it was my absolute pleasure to manage teams for the Yorkshire Road relays held at the Brownlee Centre, Leeds, in March. We had an excellent response from club members to compete in teams and the atmosphere created was fantastic on the day.

BINGLEY HARRIERS & ATHLETIC CLUB

ROAD RUNNING REPORT 2019



Yorkshire Road Relay Results March 2019

Winners were Hallamshire Harriers 60:25

Bingley A 9th 64:56

Bingley B 24th 70:46

Bingley C 27th 72:34

Bingley D 42nd 79:48

Bingley E 48th 99:14

49 complete teams raced.

Fastest legs: 1st C Bell Hallamshire 14min 29sec

Bingley's fastest returns:

31st Ian Holmes 15:56

33rd Ben Marriott 16:03

35th Tim Midgley 16:07.

Mark Westman

BINGLEY HARRIERS & ATHLETIC CLUB

JUNIOR FELL RACING REPORT 2019



It has been a long fell season, the first race was the Stanbury Splash on the 13th January 2019 and the final race will be the Stoop on the 15th December 2019.

In order to get the championship up and running again, there was a strong focus on races that were considered local, this precluded some races that would have qualified for the BOFRA championship; but overlapped considerably with the Bradford Athletics Network championship. Fortunately, many parents/carers have encouraged their young athletes by taking them to races that were not in our championship and therefore we saw some excellent results across all competitions.

There were 15 races included in the championship this year with runners expected to compete in 8 races to qualify for their age category. There was representation from runners in all categories except the Under 9 girls, with 31 different juniors representing Bingley on the fells.

There have been some great performances during the season, with Bingley Harriers athletes winning a number of the races overall. In addition, we have seen the juniors not only do well within their age category but also progress to the senior races and put in some stunning performances against the adults.

At the time of writing this report (prior to the last race of the season), it is very tight at the top of the table with a number of permutations still possible. Irrelevant of the final result I am so proud of each and every runner, as whether they win or lose, they are out there in all weather, representing our great club.

As it stands, Isabelle Jebb and Abby Clay are dominating the U11 Girls. While William Johnson, Charlie Robinson and Daniel Temple have fought hard in the U11 Boys. Logan Walker has been excellent in the U13 boys and deserves special praise for his attitude in training and determination in races. In the same category Robbie Temple has come to the fore with some great runs. Theo Clay has been the dominant force in the U15 Boys, while Rebecca Flaherty (U15G) and Alex Flaherty (U17B) have been outstanding. Special mention to the emerging talent too, especially Thomas Jebb, Eloise Temple and Seth Linacre, who are future contenders in the championship.

Again with 1 race to go, in the Bradford Athletics Network, Charlie Robinson is leading in the Under 11 boys and William Johnson is 3rd. Abby Clay is the leading U11 Girl with Isabelle Jebb 3rd. Logan Walker is second in the U13 Boys, while Theo Clay is leading the U15 Boys. Finally, Alex Flaherty is 3rd in the U17 boys.

Fell training started so well this year, with a good little group of runners turning up every Saturday at 9:30 to practice technique in and around the woods by the canal. However, as the year went on, the number turning up dwindled and it became difficult to run sessions. It also did not help that due to illness I was not able to run sessions in September or October. I hope to start the sessions again in the New Year, I look forward to seeing you there.

I just wanted to say thank you to all the parents/carers that have taken their young athletes to the races over the course of the season. I have been in the same position myself in the past and it is a big commitment to do it so many weekends of the year. Without you we would not have a team of junior runners and we wouldn't have the support that every child needs to do their best. It is much appreciated!

Gary Childs

BINGLEY HARRIERS & ATHLETIC CLUB

JUNIOR CROSS-COUNTRY REPORT 2019



Measuring progress is not always a straightforward exercise but overall this has been a successful season, despite a lack of numbers, not only in races but also in our general sessions.

The numbers in Martin Peace's group of talented runners have been pretty consistent, but it may not be that easy to keep them together now that Martin has decided to hang up his coaching shoes – but more of that later.

Our first competitive outings were, as usual, at the four races of the West Yorkshire League: numbers were down on the previous year, but the very first race was one of our more successful days. Unfortunately, we could not quite keep up that standard throughout the series, though our team results were certainly an improvement on the previous year: our U11 Boys came 4th, our U13 Girls 3rd, and our U15 Boys a splendid 1st, thanks to consistent performances from Alex Flaherty, Ben Rees & Theo Clay.

Individually, there were some outstanding performances: Emily Field and Ruby Firth were 1st and 2nd respectively in the U17 Women; Martha Jackson 2nd and Rebecca Flaherty 3rd in the U13 Girls; Alex Flaherty 2nd in the U15 Boys; Logan Walker 5th and Charlie Robinson 6th in the U11 Boys; Mia Naylor 10th and Abby Clay 14th in the U11 Girls; and in her first year in the U20 Women Eliza Findlay a promising 4th. On the debit side, we had only one overall finisher in the U15 Girls (a brave effort by Elinor Gorrell) and none in either the U13 Boys or the U17 Men.

After the success last year of our 3k series, which was aimed particularly at our youngest runners who have so little opportunity of racing, we repeated the experiment and, although the numbers were down, there was some excellent racing from the 27 runners who took part.

For the youngest of our runners the best chance of racing is to compete in the PECO League, which is a very friendly and relaxed environment in which to test one-self. Unfortunately we did not have that many competitors, though, as usual, there were some excellent results in the various age-groups: Izzy Baxter-King was 27th out of a large field in the 2-4 Girls; Mia Naylor, Holly Walters and Owen Pacey all finished 7th in their respective categories; William Johnson achieved a splendid 4th place in the 2-4 Boys. There were also some fine individual results from Logan Walker, Abby Clay and Theo Clay.

At the Championships our numbers were not large, but we did have three scoring teams in the Yorkshire Championships: the U13 Girls were 4th; the U15 Boys 3rd; and our U20 Men (Reuben Mantle, James Askew and Josh Spencer) 1st, our first team win in the Yorkshire's for some time. On top of that, and to round off a very successful day, we had five qualifiers for the Yorkshire team, Martha Jackson, Rebecca Flaherty, Alex Flaherty, Emily Field and Reuben Mantle. I should also mention the excellent run of Ruby Firth in 12th, again so close to Yorkshire selection.

At the inter-Counties pride of place must go to Emily who came 17th and was a scoring member of the winning Yorkshire team.

The Northern Championships were back in Pontefract, after an absence of a few years, and there were two excellent team performances: the U13 Girls were 8th and the U15 Boys 5th. This latter result was our best junior team finish at the Northerns in my time as Team Manager, and it was even more pleasing in that we had six scoring runners.

Good as those team results were, our individual performances were even more spectacular: Emily Field and Ruby Firth were 11th and 17th respectively in the Under 17 Women; Rebecca Flaherty was a superb 4th in the U13 Girls; and Martha Jackson produced a sensational run to come home in 1st place, also in the U13 Girls. This was the Club's first individual Northern win since Alistair Brownlee won the U20 race in 2008 and was all the more remarkable in that Martha has another year in the same age-group.

The National this year was in the magnificent setting of the grounds of Harewood House, and the weather could not have been more perfect for such a grand spectacle. Unfortunately, some of our runners were not at their best due to various viruses, but we did manage 19 finishers. Rebecca Flaherty was the pick of our runners with a fine 16th place, though I am sure all our juniors were inspired by the magnificent occasion.

For the second year in a row Temple Newsam was the venue for the English Schools, and, although the weather was not quite as bad as the previous year, conditions were still very tough. In the races, we had seven representatives: Rebecca Flaherty, Oliver

Peace, Grace Dawson, Alex Flaherty, Emily Field, and Reuben Mantle representing West Yorkshire, Ruby Firth representing North Yorkshire. The best run of the day came from Rebecca, who finished 42nd in her first year in the U14 age-group.

BINGLEY HARRIERS & ATHLETIC CLUB

JUNIOR CROSS-COUNTRY REPORT 2019



In the National Schools Finals for years 5-7 we had four runners: Martha Jackson was 8th in the year 7 race; Mia Naylor was 93rd in the year 6 Girls; Logan Walker was 39th in the Year 6 Boys; Charlie Robinson was 30th in the Year 5 Boys.

The list of Trophy Winners (see below) is a clear indication of who were the most successful runners this year, but I should also say something about the remaining three.

The Best Team Player Award was deservedly won by Theo Clay. Theo always gives of his very best and his efforts have been vital in the success of our U15 team this year.

The Endeavour Award, presented to the Club by Fred Gibbs, went to Holly Walters who has found things tough this season, but has always been there to ensure a team position. At the National she was far from well but still turned out and was very ill as a result - needless to say, she did finish.

The Wells Cup, for the Most Improved Athlete, went to Ben Rees whose approach has once again been admirable, and who has made a huge contribution to the team.

With such a small number of competing runners I think I have managed to mention nearly everyone, but there are one or two more who deserve special mention: Robbie Temple has been a consistent and valuable member of our U11 Boys; Theo Armitage, also an U11, did take part in all three Championship races as an U13; Samuel Mantle and Joseph Smith were both part of our U15 Boys team. There's that word "team" again, and I really must mention the role played by parents and supporters; all of us, coaches and runners, are extremely grateful for the encouragement and help that we receive, not only at races but also in training, all of which helps to create a real club atmosphere.

Much of the success of which I have spoken above would not have happened without the fantastic job that Martin Peace has done over the years with our more experienced runners, and I would like to thank him of behalf of all those he has helped to fulfil their potential. We all understand that his priorities must now lie with his family and we wish him well for the future. I cannot end without once again stressing how much I owe to David Potter and Graham Smith: their enthusiasm and dedication, not to mention their constant good humour, make my job so easy. Thanks guys!

Awards

Under 11 Girls	1st Mia Naylor	2nd Abby Clay	3rd Izzy Baxter-King
Under 11 Boys	1st Logan Walker	2nd Charlie Robinson	3 rd = William Johnson and Robbie Temple
Under 13 Girls	1st Martha Jackson	2nd Rebecca Flaherty	3rd Holly Walters
Under 13 Boys	1st Theo Armitage (U11, but did all the U13 races)		
Under 15 Girls	1st Grace Dawson	2nd Elinor Gorrell	
Under 15 Boys	1st Alex Flaherty	2nd Ben Rees	3rd Theo Clay
Under 17 Women	1st Emily Field	2nd Ruby Firth	
Under 17 Men	1st Joseph Carnelley	2nd Charlie McVay	
Under 20 Women	1st Eliza Findlay		
Under 20 Men	1st Reuben Mantle	2nd Josh Spencer	3rd James Askew

Trophy Winners

Top Male Competitor	Alex Flaherty	(Harry Leighton Cup)
Top Female Competitor	Emily Field	(Hardaker King Cup)
Best Team Player	Theo Clay	(Captain's Award)
Most Improved Athlete	Ben Rees	(Wells Cup)
Endeavour Award	Holly Walters	(Fred Gibbs Shield)
Award for Outstanding Achievement	Martha Jackson	(Gerry Spink Plate)

Tony Kingham

BINGLEY HARRIERS & ATHLETIC CLUB

WEST YORKSHIRE CROSS-COUNTRY LEAGUE JUNIOR REPORT 2019



Team-wise, we began the series quite well, but our numbers were by no means consistent, with the result that we had only one scoring team overall, our U17 Men in 4th place. 12 of our runners achieved an overall position by running in at least 3 races, and 7 ran in all four.

In the U11 Boys William Johnson ran with real spirit, but too often he had to run without a team-mate, a situation echoed by Abby Clay who was consistently up with the leaders and showing real aggression in finishing overall 7th in the U11 Girls.

At U13 level we also failed to have a scoring team. For the boys, both Louis Shackleton, a promising newcomer, and Robbie Temple, showed real determination throughout, as did our two scoring girls, Rubie Coulton and Mia Naylor, both of whom produced some promising performances. Unfortunately, Martha Jackson was not available for three of the races: in the one she did run, she had a stunning victory.

In the U15 Boys we only had two runners, but both performed splendidly: new recruit Ben Curtis ran with real purpose, and Theo Clay, always up with the leaders, continued his excellent progress.

Ruby Firth, in the U17 Women, was in contention in all of her races, but sadly had no team-mate to support her, whereas the U17 Men nearly always managed to finish a team: at full strength they were close to winning, with Joseph Carnelley, Alex Flaherty and Ben Rees always well placed, but there were absences which reduced their chances. I must mention Rorie Hopson who ran very gamely in the last race to ensure that we had a scoring team, not just in that race, but also overall.

I have left the U15 Girls till last to highlight the achievement of Rebecca Flaherty who, in her first year in the age-group, showed real maturity in winning two of her three races and the overall title.

In the New Year our runners will be facing the challenge of the various Championships, at both Club and School level, and many can do so with real optimism. Let's hope that, at team level, we can make a rather better impression as well.

Overall positions (* indicates those finishing in all 4 races)

Under 11 Girls	7th	Abby Clay*
Under 11 Boys	19th	William Johnson
Under 13 Girls	20th	Rubie Coulton*
	21st	Mia Naylor*
Under 13 Boys	20th	Louis Shackleton*
	43rd	Robbie Temple*
Under 15 Girls	1st	Rebecca Flaherty
Under 15 Boys	6th	Theo Clay
	31st	Ben Curtis
Under 17 Women	4th	Ruby Firth
Under 17 Men	6th	Alex Flaherty
	14th	Ben Rees

Team Result

U17 Men 4th

Tony Kingham

BINGLEY HARRIERS & ATHLETIC CLUB

WOMEN'S VETERANS REPORT 2019



It has been another busy year for our lady veterans with our members achieving noteworthy successes on the road, cross country and track. There have been a number of notable performances.:

The 2019 edition of the Northern Masters Cross-Country Championships were held in Winsford, Cheshire on 9th February on a very wet and windy course courtesy of storm Eric. Sue Cordingley as Bingley's only representative was second lady overall and 1st LV55 in a time of 25.05.

Stephanie Robson had a busy couple of weeks in March. On 9th March Stephanie went on a day trip to Belfast to run in the British Masters' Cross-Country Championships, which were held in the Stormont Estate with Stormont House providing a very impressive backdrop to the race. It was a very successful trip with Stephanie coming home with a gold medal as first LV45 in a time of 27.12. Sue Cordingley also ran and was first LV55 in a time of 28.22.

The following weekend, Stephanie and Lesley Watson made a somewhat shorter trip to Hull to run in the YVAA cross-country championships. In a very close contest for the LV45 medals Lesley finished first LV45 in a time of 21.06 closely followed by Stephanie in a time of 21.20 as 4th LV40.

Lesley also made a trip up to Blyth to run in the BMAF 10k Road Race Championships the following month on 7th April for what was billed as a fast, flat course and was rewarded for her efforts with a silver medal as 2nd LV45 in a time of 39.31.

June was a hectic month for Masters' championship races, starting off with the YVAA 5-mile road championships, which were incorporated into the Full Bronte 5-mile road race. Mary Green had an excellent run to come home as 1st LV60 in a time of 39.38.

This was followed by the BMAF 5k road championships, held at their normal venue of Horwich, on the 16th June. Lesley was 4th LV45 in 19.51, Sue Cordingley, 3 days after her 60th birthday, was 1st LV60 in 20.36. The following week, Stephanie was in action at the Northern Masters' Track & Field Championships at Bury, finishing as second lady and 1st LV45 in the 3000m in a time of 11.46.

A Bingley team of Sue, Lesley and Ruth Thackray, all had excellent runs in the revived YVAA road relay championships in York on 18th August, finishing as second ladies' team and 1st LV45 team.

Rounding off the year on the 16th November, the British and Irish Masters International Cross-Country Championships were held in Liverpool at Aintree racecourse on a flat grassy course with the going described as 'good to soft'. The runners were kept well away from the actual racecourse, so thankfully we did not need to scale Becher's Brook. Sue Cordingley was selected to run in the England team, and was highly delighted to come home with an individual gold medal as 1st LV60 and a LV60 team gold.

On the same day, Stephanie braved rather wet conditions to complete in the Northern Masters 5k road championships at the Brownlee circuit, finishing 2nd LV45 in a time of 20.21.

Sue Cordingley

BINGLEY HARRIERS & ATHLETIC CLUB

MEN'S VETERANS REPORT 2019



The advantage of reporting on Vets' activities is that we have a lot of vets and there are usually some that have done something outstanding, unusual, or just plain crazy.

November 2018. John Convery represented England in the British & Irish Masters Cross-country Championship at Singleton Park, Swansea. He was fourth M55, but third counter for the team, helping England take M55 gold and earning a team medal.

January 2019. Yorkshire Cross-Country Championship, Lightwater Valley - Our senior men, led by Johnathan Brownlee (3rd), Ian Holmes (48th) and Tim Midgeley (75th) were 9th team from 38. (first six to count)

January, Northern Cross-country, Pontefract - The 12K senior men's race had 704 finishers and we were 22nd team out of 45. Tim Midgeley (139th), Graham Askew (210th) and John Convery (211th) were our first three counters for the six- man team.

February, National Cross-country at Harewood - The quality and quantity peaks, with 2006 finishers and 30 Bingley men running. With nine to count for a team, our first three were Ian Holmes (253rd), Darren Kay (341st) and Tim Midgeley (399th). We were 40th from 144 teams.

Stephen Fry did a magnificent job reporting on the cross-country races and motivating Members to take part.

March, Yorkshire Vets cross-country Championship, Costello Stadium, Hull. At a well-attended event, Bingley took first M70+ team award, with Les Haynes 1st M75, Mike Smith 2nd M75 and Peter Ellerton 6th M70. We also had third M50+ team, with Stewart McDonald, John Convery (1st M55) and Paul Lemmon. No M35 team, but Tim Midgeley took first M35.

April, Yorkshire Three Peaks. Ian Holmes, who won the race in 1997, finished in 15th place and first M50. Bingley also took the M50 team prize, with class runs by Ian Ferguson and Paul Mitchell supporting Ian Holmes' outstanding performance.

Bingley Harriers have a tradition of competing in the Fellsman Challenge – all 61 miles and 11000 feet of it! John Parkin and Jonathan Gallucci completed it this year, John finishing 23rd in 14hrs 46min and Jonathan in 20hrs 42min. With over-night navigation and challenging weather, respect to them.

Five Bingley men are listed as completing the London Marathon, with the best performance by Thomas Needham (M35) in 2hrs 57min 28s.

May, the classic and hardcore Isle of Jura fell race – 17.4 miles, 7775ft climb/descent. Three of our star vets competed. Ian Holmes placed 10th in 3hr 35m 45s (course record 3hrs 5m 14s), Andy Jebb 27th and Ian Ferguson 56th.

Late June / early July, Adrian Netherwood did a 560mile, 7-day sponsored cycle ride from Rosyth naval base Scotland to HMS Excellent, Portsmouth. He raised £1764, split between the Royal Navy & Royal Marines charity and Combat Stress charity. His shortest day was 55 miles and longest 91. A great effort from a retired fell runner. I also understand that two not-so-retired fell runners - Martin and Andy Peace - cycled from West Yorkshire to the Costa Del Sol.

With the growth of Park runs, more 80+ age runners have been taking part. In recent years, an 80+ day has been celebrated at the original Parkrun, Bushy Park in London. On 6th July, our President, John Smithurst, joined 46 other eighty-plussers (including eight age 85 to 89) to share a celebratory cake and a glass of champagne and to join that Saturday's run. The first 80+ runner clocked an impressive 27m 17s and 1365 people completed the Parkrun.

In August the Yorkshire Vets Road Relays were held after an absence of two or three years. The venue (previously Roberts Park, Saltaire) was York Sports Village. There was a very good turnout of runners and strong competition. Bingley were seventh M60 to 69 team (Mark Westman, Shaun Jordan and Don Johnson) and second M70+ team (Fred Gibbs, Peter Ellerton and Les Haynes).

BINGLEY HARRIERS & ATHLETIC CLUB

MEN'S VETERANS REPORT 2019



The Yorkshire Vets Grand Prix series, as usual, attracted large numbers of runners and the host clubs provided a good variety of courses throughout the year. The 9th and final race at Spenborough on Remembrance Sunday was unfortunately cancelled due to administration problems. As many runners would have relied on this race as their sixth counter, each runner's average score over their previous races was used as a 6th race result. Bingley final placings were Tim Midgeley 2nd M35 and third overall, Paul Mitchell 3rd M55 and Peter Ellerton 4th M70.

December, The West Yorkshire League cross-country series finished, with many of our vets taking part. Congratulations to James Senior 6th M40, Stuart McDonald 2nd M50, John Convery 1st M55 and Bruce Duncan 1st M70. Also, heartfelt thanks from athletes of all ages to Tony Kingham, Graham Smith and others who set up the Club Tent at cross-country events and spend many hours supporting the runners.

Our Club Fell and Road Championship fixtures have been run. Well done to Fell Champ Simon Jones (M50) and Road Champ David Jefferson (M40). At the time of writing, we await the Christmas Handicap to decide who takes the Rushton Shield.

Peter Ellerton

BINGLEY HARRIERS & ATHLETIC CLUB

YDL LOWER REPORT 2019



The under13 and under15 teams have had a really difficult season.

This season we started in fourth place (as usual) in Division Two and I am afraid that was where we stayed. We have struggled to get a full team out this year and as the smallest team in our league we have really struggled to get any points. I am very grateful to the athletes who did compete for us and well done for trying events and giving your all.

There have been some really great performances. You should all be very proud of yourselves.

It has been very disheartening for the coaches who put so much time and effort into preparing the athletes, but I am hopeful that we will be able to field a bigger team this coming season.

The attitude of the athletes who competed has helped to build a great team spirit which I hope will continue and help us achieve some fantastic results next season.

Jill Jones

BINGLEY HARRIERS & ATHLETIC CLUB

YDL UPPER REPORT 2019



Match 1

Our season started at Spinkhill in Derbyshire. After the successful year before everyone turned up with a spring in their step and a renewed sense of confidence. Having lost a few athletes to the senior ranks and the usual struggle of exam pressures it was brilliant to get a team of 20 highly competitive and hungry for success athletes.

With the way the league was set up this year we had stiff competition but started strongly and came 4th behind Hallamshire who topped the division in front of us last season, and two stronger teams who had been moved into our league in the offseason in Kingston Upon Hull and Chesterfield.

We might not have the strength in numbers that some of the above teams have, but we have the talent to match anyone. The Bingley athletes at this match came away with 9 first places, 15 second places and 11 third places to round off a good start to the season.

With the results come PB's: **Sam Berry** – 100m and Shot, **Drew Walford** – 200m, **Henry Ackroyd** – 400m, **James Smith** – 100m and Long Jump, **Reece Kellett** – Triple Jump and 400m, **Matthew Reynard** – 200m, Discus and Javelin, **Archie Scott** – 400m, **Ben Rees** – 800m, **Shaun Barron** – High Jump, **Josh Butler** – Long Jump and Javelin, **Tom Young** – Shot and Javelin, **Omaan Rashid** – Shot, **Natalie Morris** – 400m, **Olivia Francis** – 1500m Steeplechase, **Katie Smith** – 800m, **Abigail Allport** – Triple Jump, **Orlane Vanmarcke** – Shot, **William Thompson** – 1500m, **Alexander Thompson** – 800m

Everyone put in a great shift and started the season strongly, but I had to give the Man -of -the- Match award to one person and that's **Matt Reynard**. It was his first ever league meet for the club and he had no idea what to expect but still turned up and gave it everything he could and was a real team player despite the nerves.

The Woman -of- the - Match was **Gabriella Smalley**, she stepped up to the plate and helped us get a good women's 4x400m team together despite being a field athlete.

Match 2

After the good start to the campaign we hit exam season which is always a tricky time of year but something we must adjust to. This meant a slightly depleted team made its way to Hull in the hope that we could achieve with 15 athletes what we had achieved at Spinkhill with a larger team of 19.

Despite having a smaller team, we still came away with some brilliant results (9 third places, 7 second places and 8 first places). I couldn't have been happier with the commitment shown by every athlete to make it possible. At the end of the match we finished 6th which demonstrates how close you are to the top or bottom with just a few people missing. The proof that team spirit is at the heart of everything was shown both when we had 3 field athletes step up and join the men's relay teams and when so many pb's were achieved on this day with every athlete getting at least one. Absolutely marvellous!

PB's : **Drew Walford** – Long Jump, **Reece Kellett** – Triple Jump and 100m, **Jack Muir** 400m, **Sam Smith** – 1500m, **Josh Butler** – Long Jump and Javelin, **Omaan Rashid** – Discus, **Sam Berry** – Shot, **James Smith** – 400m and Long Jump, **Shaun Barron** – Triple Jump and Javelin, **Luke Gudgeon** – Triple Jump, **Tom Young** – Javelin and Shot, **Olivia Francis** – 1500m Steeplechase, **Marnie Leach** – Javelin, **Poppy Anderson** – 300m, **Gabriella Smalley** – Triple Jump.

The Man - of - the - match for this round had to be **Tom Young**. Not only did he PB his Shot but he also he finally broke 50m in the Javelin which is a massive achievement. Then he took his turn in the 4x100m relay. This exemplifies what the team is about.

The Woman- of -the - Match goes to **Marnie Leach** who, after missing the first match, came back strongly with a personal best and competing in all 4 throwing events.

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Match 3

Going into the last match of the season and we were out of the running for promotion but still in mid table and could score a 4th place with a good result and that is what we aimed for. We turned up to Scunthorpe with a smaller team again. On this occasion 13 athletes put on their blue and white hooped vests. We finished 5th and managed to secure 4th in the league table for this season. I am extremely happy with that result considering the size and strength and depth of the teams ahead of us. We also still gained 7 third places, 8 second places and 5 first places.

In the spirit which has dominated this team over the last two years they team members never gave up and still managed to come away with some personal bests: **Josh Butler** – Long Jump, **James Smith** – 100m, **Shaun Barron** – Discus, **Olivia Francis** – Discus, **Gabriella Smalley** – Discus.

Man- of- the- Match awards for the last match of the season go to three people. **Josh Butler**, **James Smith** and **Shaun Barron**. They managed to achieve a personal best at every match this season and deserve to be recognised for their hard work. They epitomise the team spirit and never give up.

As for the Woman- of -the- Match it would have to go to **Orlane Vanmarcke**. She stands up to be counted any time she is at a competition and will do what she can for the team. This time she did three field events and then tackled the final 4x100m of the season.

As you can see team spirit is a big part of what I am trying to build within the team, I truly believe we can achieve big things in the future if nurtured correctly. When we pull together, we become stronger. Anyone who comes into the team is welcomed by everyone and taken under some of the older athletes' wings and shown what they think it means to wear the hoops, something that I learnt before I started competing.

Finally, I would like to thank everyone who competed this season. Everyone gave 110% and put us in a fighting position every match. We have some exceptional athletes and it is a pleasure to be able to get to know them and manage them all. Also, I would like to thank all the parents, coaches and officials who have helped the team score points, get athletes to matches and for being so supportive of what we are trying to build. If you would like to get involved in any capacity please contact me at Tom Clough, Bingley Harriers & Athletic Club Throws Coach and Upper YDL Team Manager, tom.clough09@hotmail.co.uk mobile 0771242892. If you would like to help improve the experience of being in the YDL (Upper) team for athletes, parents / guardians, volunteers then I would appreciate any feedback from you as to how the management and organisation of the team might be improved, how we might further develop team spirit. For example, do you think that having matching kit would make us feel more of a team? Should we have our own communication network so that we can contact each other more easily by phone or email?

Thanks to everyone for another exciting season. Let's hope next season is as good, if not better.

Tom Clough

BINGLEY HARRIERS & ATHLETIC CLUB

WOMEN'S FELL & OFF-ROAD RUNNING REPORT 2019



As the Ladies Fell Team Manager my priority is to get individuals and teams out in fell events and to achieve that I have to organise, support, help, persuade, train, encourage, communicate, coach, invite, publicise, and reach out to those who are, or may be, interested in running on the fells. Confidence is a key factor and I love to see people discovering the freedom of the fells, trying out their first fell races, enjoying being part of team events and finding that it wasn't so scary after all.

Being part of a Team

Not all are 'organised' teams; some teams happen because there are enough ladies present (usually 3) to make a team up so well-done ladies for turning up.

The Gathering Winter Fools Relay in mid Dec 18 (fun, pre-Christmas paired point to point relay ~33 miles, 4 legs, from Keighley) saw 29 ladies out running – in ladies (3), mixed and open teams. Bingley Babes (Leg 1 Sarah Dewhurst & Sarah Flaherty, Leg 2 Ruth Thackray & Jo Buckley, leg 3 Eliza Findlay & Marisol Carrera, Leg 4 Sue Beconsall & Shona Stone.) were first female team home in 4.22 and 9th place overall – a great run out. This local event is great to give everyone an opportunity to run in a big team event – with three teams and more we have space for both competition and fun. I think everyone enjoys it. As I write we have 3 ladies teams looking forward to GWF19 tomorrow, for the next report.

At the Windy Hill Fell Race (Feb 19), part of the Club Fell Championship, Ruth Thackray (2nd Lady), Nicola Jones and myself were winning ladies team, and Kate Farley, Jo Henry and Michelle Garbutt enjoyed being in the placings as 3rd team.

In the Bunny Run races and relay on Penistone Hill, near Haworth (April) 11 ladies and girls (12 and over) took part. I always love these short events that allow our junior runners to compete against the seniors – the Juniors love it too. Martha Jackson (GU15), Rebecca Flaherty (GU15) and Sarah Flaherty (F40) made up the winning ladies' team in the third race, and in the Relay, Rebecca and Martha featured in the 'Fastest Laps' tables. On an individual basis Ruby Firth was 1st GU17 and Pauline Munro, freshly back in a Bingley vest, took 1st F50 in individual races.

Five Bingley ladies completed the Three Peaks Fell race at the end of April, 3 of which were first timers – Vicki Merrick, a regular junior fell runner in her first year old enough to compete, Shona Stone and Jo Henry. All had good runs. Shona joined regulars Victoria Wilkinson (1st lady, 4th time) and Ruth Thackray to make up the winning team, and Vicki took the award for the Youngest Female Finisher.

In May and June there are two long distance off-road relays – The Calderdale Way and the Bradford Millennium Way. We haven't put teams in both for a few years as it is such a busy running time of year. But this year 6 ladies decided to refresh their Calderdale Way knowledge (or learn anew) and make up a Mixed team. I am sure the recces and the race around Calderdale made for great run days out for Sarah Flaherty, Sue Cordingley, Shona Stone, Ruth Thackray, Lesley Watson and Nicola Jones; the team was 2nd Mixed team.

For me, and I know for others, days out on race route recces are some of the most enjoyable and sociable days out. There is a different emphasis to race day with time to learn something new – routes, navigation, understand maps, compass skills, fuelling on the go, enjoy the company, appreciate where you are, and maybe a café stop to finish off.

In June a ladies team competed in the Bradford Millennium Way Relay 47ms and 6300' ascent split into 5 legs. Shona Stone, Nicky Clay, Becky Weight, Mary Green, Sally Robinson, Alison Marks, Lisa Pearson, Caroline Francis, Meryl Levington and Kate Farley all had a great day out.

At our own Eldwick Gala Fell Race at the end of June Ruth Thackray (2nd Lady), Shona Stone and Jenine McCutcheon took the team prize, and Mary Green 1F60. Sue Fulton, who has been tussling with a sore Achilles, and Jo Henry ran too.

I was away for the Washburn Valley Relays in July so thank you to Shona and Sarah for publicising the event and encouraging people to go. Nicky Clay, Sarah Flaherty and Mari Johnson, all of whom had children competing also, made up a team, while Jo Buckley and Vicky Omelianowicz ran in Mixed teams. Rebecca Flaherty (G13) was part of a winning junior team.

The next team events are the fell relays in October – the Hodgson Brothers Mountain Relay (HBMR, teams of 8) and the British Fell Relay – these are more serious fell and navigation events requiring all members of the teams to have good experience of both. This year the entry criteria for the HBMR, which is always over-subscribed, was revised and Bingley were only give one team place of the 3 (2 Men and 1 Ladies) requested. Having been regulars at the event and with a very able Ladies team lined

BINGLEY HARRIERS & ATHLETIC CLUB

WOMEN'S FELL & OFF-ROAD RUNNING REPORT 2019



up and ready to go I was disappointed to not get a team place. It's a great event and I hope we will compete with a Ladies team in future years.

This year's British Fell Relay was in the Derwent Valley in the Peak District. The Bingley ladies team consisted of Victoria Wilkinson (Leg 1, 7.8km, 360m ascent, solo), Lesley Watson and Vicky Omelianowicz (Leg 2, 12.3km, 485m), Denise Wright and Becky Weight (Leg 3, 11.2km, 520-570m, Navigation), and Eliza Findlay (Leg 4, 7.8km, 375m, solo). I stepped in at the last minute when Kate Farley had to pull out due to her School Governors' responsibilities.

There were over 50 Open Ladies teams and Bingley were 13th in 5hr 21 against Helm Hill's winning time of 4.34. 13th is a great result immediately behind the Lakes and Pennine Fell Clubs especially given that some of our faster runners were not available, demonstrating that there is much more to fell running than just running speed and our team made the most of their strengths and skills.

Bingley Harriers Fell Championship 2019

Your best 5 out of 10 races between March and September – the time frame chosen to avoid clashing with the cross-country season which brings together track, road, fell and off-road runners for some speed work.

Ruth Thackray is the 2019 Ladies Fell Champion along with the F40 Champion and Becky Weight the F60 Champion.

Only 13 ladies competed in any of the 10 events and only 3 did 5 or more events. What would attract more participation? What is it that stops you competing? Is November – Feb too long to leave the club without a fell 'focus'? If you have any thoughts about any of these questions or about fell running in general let me know.

Individual participation

Fell running as with many other types of running is primarily an individual event. I encourage and support runners to try out fell-running. And once they are off – there is a whole world of fell, off-road and mountain adventure to discover. Here are some that Bingley Ladies got involved in. Apologies if I didn't spot something that you were involved in and would have liked to see here – write a few lines about your events and send them to me to celebrate and share and make it part of the club's records and history.

I have already mentioned a few individual results in the team section above. In addition to those Denise Wright and Shona Stone ran the Hebden 22 in January – helping Shona prepare for her first Three Peaks in April.

In early April Denise Wright and Victoria Wilkinson ran in the tough Howgills race – a long held target for Denise and, for Victoria, a potential qualifying event for a National Mountain Running place. Both were successful with Victoria 1st Lady and securing a place in the British Mountain Running team for later in the year. Victoria ran the local short Arant Haw race a week later, again coming 1st Lady, and 3rd overall but her running year was interrupted by breaking two bones in her foot. By July and the English Championship Black Fell Race (hosted by Bingley) she was volunteering, on crutches, doing kit checks for the runners.

Sarah Flaherty picked up 1st F40 and Marisol Carrera Vivar 1st F45 in the local Up the Odda 10k trail race in May

Mari Johnson and Nicky Clay also picked up some fell and off-road experience with runs at Up the Odda, the Bunny Runs, the Baildon Boundary Way and the Washburn Relays. Sarah, Mari and Nicky all have children who run. Events with junior races alongside sometimes give parents an opportunity for a run too - or sometimes not if childcare doesn't work or the day gets too long. Well done for all the juggling.

Denise Wright (F40) and myself (F60) recced and raced a couple of longer events – Pendle Cloughs (14m, May) and the Great Lakes (13m, Jun). Great days out and Age category wins for both of us at Pendle and an F60 win for me in the Lakes.

Ruth Thackray, Vicky Omelianowicz (taking a break from crazy challenge events) and Jo Henry ran the Pen-y-Ghent fell race in June; a village gala running alongside, in this case at Horton in Ribblesdale, provides entertainment and a good day out for friends and family at many fell races.

At our own Bingley Show Race, the first four Ladies placings went to Bingley Harriers – Ruth Thackray, Jo Buckley, Shona Stone and Vicky Omelianowicz (despite Jo and Vicky having raced the evening before at the Washburn Valley Relays!).

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WOMEN'S FELL & OFF-ROAD RUNNING REPORT 2019



In early August several ladies, families and friends enjoyed a camping weekend in the Duddon Valley around the Turner Landscape fell race. Jo Buckley, Ruth Thackray, Becky Weight and Jo Henry raced with some less than perfect route choices. Myself and Jo had done a good recce the week before so got good routes; Lakeland races are often a step up in the fell-racing world and even on a fine clear day navigation can be a challenge!

At Burnsall Classic Fell Race – I (Becky Weight) had a free afternoon so decided to go and join the sunny Sports Feast day and came away with 1st F60. I have done Burnsall on odd occasions over the years and looking back at previous results noticed I had both a 1F40 and 1F50 result – it must have been one of my earliest fell races! Body and mind willing it looks like I am booked in again for 9 years hence.

At the Yorkshireman Half and Full Marathon (fell race) in September 10 ladies ran. Jo Buckley and Ruth Thackray were 1st and 2nd ladies in the Full and in the bigger field in the Half Lesley Watson was 5th Lady. Well done all.

Later in September Emily Field had a great run in the Junior Women's (FU17 and FU20) race at the British Athletics Mountain Running Championships. Emily, who is at the bottom end of her FU20 age category, was 5th out of 44 runners and narrowly missed qualifying for the World Championships.

At Withins Skyline in October I was the only Bingley lady. It gave me another 1st F60 – sometimes I am the only F60 so the result flatters, but a race always pushes me to work hard, more so than if I just went for a training run. And you must be 'in it to win it'.

New ventures on the Fells and Off-road?

In February Sally Robinson tried an 8m Mountain Trail Race (2852') while on holiday in Andalusia and declared it 'the toughest race' she had done – mostly because of the terrain, probably hard and rocky.

Vicki Merrick, Shona Stone and Jo Henry enjoyed their first Three Peaks race in April; always a popular event for Bingley Harriers, whether it is running, organising, marshalling or simply out for a day to watch the runners – so lots of support on the way round.

In May, Jenine McCutcheon was 3rd Lady in her first off-road event – the Scarborough & Ryedale Coast Half Marathon – taking in coastal path, woods, sea cliffs and disused railway.

In August Nicky Clay enjoyed her first longer fell race at the Hellifield Gala alongside a sunny and successful family fell day out with Theo (2nd U15B) and Abby (1st U11G) in the Junior races. Emily Field (U18), sharpening up her fell legs for the forthcoming Mountain Running Championships in Sept, was 2nd lady.

In September, amongst another family day out, Sarah Flaherty ran the Embsay Fell race – the route looked 'friendly enough' and it was sunny so Rebecca and Alex, both of whom had won their Junior races, didn't mind waiting. Sarah also ran in the Yorkshireman Half, where it was great to see Mary Webb back in action, and Caz McNeil, a regular road marathon runner, trying her hand at a fell race – well done Caz.

Vicky Omelianovicz had a great run in her first British Fell Relay, paired up with Lesley Watson, on challenging Peak District moors.

Not quite a fell run but our own Autumn Handicap around St Ives attracted 11 ladies – Becky Jebb who runs regularly and helps with the Eldwick Primary School running club enjoyed one of her first events, as did guests Sarah Temple and Jenny Woodward. I hope I can tempt them onto the fells.

Long Ultra Distance Ladies

Events longer than a marathon (26.2miles) are generally classified as 'ultra' events. Kate Farley 'warmed up' for later longer events with the 19m Wadsworth Trog in February. In March Ruth Thackray had a great day out on the Haworth Hobble (31m) coming in 2nd Female and 2nd Mixed Pair with Robbie Williams. Michelle Garbutt and Sally Parkin 'Hobbled' too, together being well matched in pace and good running companions. In October Sally did her second Lakes in a Day 50- miler – having completed it in 2018 Sally could really enjoy this one. And Kate, not being satisfied with merely running a long distance, ran the winter Cheviot Goat Ultra (55m) in early December; and there was clearly other activity in between (including being awarded her Bob Graham Round certificate for her 2018 BGR at the BGR Dinner in November!)

BINGLEY HARRIERS & ATHLETIC CLUB

WOMEN'S FELL & OFF-ROAD RUNNING REPORT 2019



Volunteering on the Fells

Many of our ladies – active runners and otherwise– regularly help at events and with fell activities, organising, taking entries, marshalling, providing support for long distance runs etc. It's a chance to put something back into the sport, or stay involved

when recovering from a big event or injury, support others on the fells, and have a good sociable day out. Whether it be a couple of hours at our own events – Handicaps, Eldwick Gala, Black Fell, Bingley Show, Harriers v Cyclists, or maybe a full day further afield at the Three Peaks, or supporting a Bob Graham Round attempt in the Lakes, all their help is greatly appreciated and critical for the events to take place. I don't track this specifically, but I know it happens. Thank you to all.

If you want to know more about fell running then contact me – beckyweight@btinternet.com.

Becky Weight

BINGLEY HARRIERS & ATHLETIC CLUB

MEN'S FELL RUNNING REPORT 2019



I will start this Men's Fell report by firstly congratulating Ian Holmes for becoming English V50 fell champion for 2019 adding to his many championship Golds His results from this year were very impressive - Stretton hills (1st v50 24th O/A), Howgills (2nd v50 27th O/A) and Black Fell (1st V50 20th overall).. Ian also collected a bronze medal in the V45 category.

Ian is still running very well even at such a 'young' age and I must mention Ian's V50 record at the Yorkshire Three Peaks back in April. Running the 24mile course in 3.10 and finishing in 15th place overall, breaking the current V50 record, and he says he can go quicker! So let's hope he tries again in 2020.

As the Fell running season was drawing to a close my next task as Fell captain was to select and enter teams for the Hodgson Brothers mountain relay and the British Fell relays. The Hodgson Brothers Mountain relay was at the beginning of October, and this is a relay running in pairs over the Lakeland fells from Patterdale village and is regarded by many as the main fell relay of the year. This year we entered a V40 open team and we had a great day. On the morning of the race the mist was down and typically wet due to the rainfall we had endured in the weeks leading up to the event.

We had a few late injuries this year, so I needed to draft in the experience of Dave Stephenson and Ian Ferguson on Leg 1. They ran a great opening leg and finished 30th Place, but more importantly they had kept the team within a few minutes of the other leading V40 teams Dark Peak, Helm Hill and the favourites Borrowdale.

Andy Brown and Ged Callan ran a very strong leg 2, navigated very well and they had a gain of 15 places which brought us even closer to the veteran's teams we were chasing down. They descended to Kirkstone pass earlier than expected and handed over to me and Tom Gomersall on leg 3. We climbed red screes really well and soon found ourselves in contact with other teams.

I could soon see Borrowdale vets in the distance, and this meant the race was on! We continued to press on and chose some good lines, we went past Helm Hill vets on the descent from checkpoint 2 and we were gaining on Borrowdale all the time. We finished pretty much level with them into the changeover at Sykeside.

Our last leg was our strongest with Ian Holmes and Victoria Wilkinson out of the traps, it was set up for a great finish and I had my money on Bingley been v40 winners. Ian and Vic had got away from Borrowdale, but the mist had not lifted. It was tense in the finish field as we waited for the returning teams, but it was the Borrowdale pair that came in ahead, a slightly bad line off Fairfield for Bingley and the Borrowdale pair gained time.

We finished 2nd Vets team and 9th overall on the day, so a good team display, and it left us in hope of future success at this event and a good performance was possible at the British Fell relays in 2 weeks' time. (Really well done to all who ran).

The British Fell Relay event was hosted by Dark Peak and was run from the picturesque Derwent reservoir in the Peak District. The event was very well organised and had a field of some 230 teams. Bingley entered a V40 and V50 men's team along with a ladies' team.

Our V40 team performed very well on the day. We had some great runs and expelled a lot of energy but sadly we were disqualified for losing our checkpoint timing dibber during the race. We did not learn this news until after the event and had completed the race. We finished in a very creditable position of 20th place overall and 3rd Vet 40 team, which would have meant a bronze medal.

Bingley was not the only team to be disqualified. Many teams, one in the top three, fell to the consequences of harsh rules set by UK Athletics.

Well done to the team of Ged Callan (leg 1), Andrew Jebb & Andy Brown (leg 2), Tom Gomersall & James Senior (leg 3 NAV), Ian Holmes (leg 4). The V50 team did a better job of getting the dibber round the course and had a good experience. The V50 team finished 9th V50 team and 120th overall just in front of our ladies' team.

Well done to the vet 50 team of Simon Jones (leg 1), Martin Peace & Ian Ferguson (leg 2), Dave Stephenson & Jason Feeney (leg 3 NAV), Bill Belcher (leg 4). As a team we all had a good day out.

Well done to everyone else who has been training hard and running fell races throughout the year and many thanks to all who have helped field Bingley teams this year!

Andrew Jebb

BINGLEY HARRIERS & ATHLETIC CLUB

SENIOR TRACK & FIELD TEAM REPORT 2019



This season the senior track and field team were competing in Division 2WC, which meant different clubs to compete against and some new venues to visit.

We have 2 managers for the ladies and men's teams, (**Colin Daniel** is the men's team manager, **Andy Warriner** the women's team manager) but we compete as a combined team with all athletes contributing to the overall team points total. This is done over 4 matches against the same clubs from across the north of England, and league points are allocated at the end of each match. At the end of the season the 2 teams with the highest total league points compete for promotion, and the 2 with the lowest league points are relegated.

We started off locally at Wakefield and finished with the final match at Cleckheaton. This was good in terms of keeping travelling time down but not so good for our league status.

Our closest rivals for survival were Spenborough, the last match came down to a relegation battle between our teams, and it being their home track, they turned out a massive team of mainly road runners or "off track" runners who entered almost every event. This worked for them because although we ended up with the same league points, they had 15 more match points over the whole season that ultimately led to our team being relegated.

Division 2 had a wide range of standards across the different events with some being very high, however we managed to compete extremely well and in various events it was our athletes that were providing that high standard.

Everyone was able to enjoy and benefit from the experience of competing in that environment, and we were able to cover most events in each match, meaning we accrued good points totals with the number of team members we had.

The squad continues to be boosted by members of our satellite club from Hanson School, which is great to see. These members have progressed through from junior level to the senior age group and are now able to compete at and score valuable points.

Team spirit is excellent and especially in the last match; when we were really up against it athletes were volunteering to compete in more events than usual to contribute to our points total.

Sometimes this compromised their performance in preferred events, but they made the decision to contribute to the team effort rather than focus on their individual achievement.

This season we were fortunate to have a fantastic group of officials including timekeepers, track judges and field officials at each match. Without this group we would not be as competitive, as those officials gain points for the team as well as contributing to the overall smooth running of the matches.

And we are fortunate to have some younger club members now developing their coaching and officiating skills to provide coaches and officials of the future. Under the banner **Game Changers**, England Athletics has been running and funding a scheme to encourage and support young people to get them involved with volunteering in coaching and officiating, At Bingley we recruited and offered support in the form of mentoring to 5 young people, 4 at Hanson and 1 at Beckfoot. They all successfully completed coaching assistant and first aid qualifications. They have now been providing valuable coaching assistance at Hanson and Beckfoot. Congratulations and thank you to **Shaun Barron, Tom Young, Luke Gudgeon, James Smith, Olivia Francis**.

As we are looking to bounce back this coming season and gain promotion again, now is the time to start planning your training with the track and field season in mind. New team members are always welcome, and the overall team ethos is to have a big squad of athletes doing a small number of events each. This provides them with the best chance of making individual progress and ensures the best chance of team success.

BINGLEY HARRIERS & ATHLETIC CLUB

SENIOR TRACK & FIELD TEAM REPORT 2019



It is encouraging that across the various training venues so far this winter our squad is beginning to grow in numbers.

People are showing up and training hard despite the cold, wet and windy conditions. Sprinters are layering up and running fast, throwers are digging implements out of muddy throws fields, our jumpers are well on with their speed and power training in preparation for more "jumps friendly" weather, and as usual our middle and long distance runners wonder what all the fuss is about as they relish the challenge of running in the wintery weather.

The team managers' awards for performance at league meetings is announced now and presented at the awards evening. The awards are for team contribution, which may be an individual performance or because of an athlete's team contribution.

This year's men's award goes to **James Smith** who has progressed from satellite club to senior level. He turned out at the last match to fill in at 200m but ended up also doing 400m and both relays - he was completely shattered and embodied the true Bingley spirit.

This year's ladies award goes to **Janine Crosby**, Janine offered her services in all four throws events in the three meets she was available for. Discus and hammer are her preferred events and she was regularly over or around 30-35m in them.

League dates are already out for next season so if you fancy being part of this friendly yet competitive team put these dates in your diary and get in touch with the coaching team for a plan focused around the competitive season: **Saturday 2nd May, Sunday 7th June, Sunday 12th July, Saturday 1st August.**

Colin Daniel

Andy Warriner

BINGLEY HARRIERS & ATHLETIC CLUB

KEITH & JUDITH FIRM MEMORIAL 5K RACES REPORT 2019



Before I move on to my report on this year's series, I do think I should express my thanks to Martin Peace. It was he who thought up the whole idea of the event, to replace the 10k which the Club used to hold at Harewood House. Martin established the course, worked out the handicaps and generally kept the whole event going, with the help of an experienced team of brilliant helpers.

From the outset the series of five races was a great success since it catered for every runner in the Club and, being a handicap, it really did give everyone a fair chance. So, when Martin decided that he could no longer devote so much time to the event, I did think it important to keep the event going. Fortunately, John Capenerhurst and our Club President, John Smithurst, were of the same mind, and with the help of so many people (more of that later) we have just finished our first series.

Overall numbers of those taking part have not been as high as we had hoped, though it must be pointed out that one event took place in a monsoon, and another at the peak of the holiday season.

In fact, there were 94 different individuals who took part in at least one race, of whom 32 qualified for an overall position by finishing at least 3 of the races. The fastest time recorded was 18m12, by one of our former runners, Sam Clegg, who was more than welcome as a guest.

The overall leading positions were dominated by juniors, and I promise that I did try not to show any bias towards them! The fact is that juniors are always capable of improving their times when they really want to: it is not so easy for some of us "more experienced campaigners"!

Final Positions: 1. Noah Toothill
 2. Benji Grundy
 3. Ben Curtis

The first two seniors were Nicki Clay and Paul Hellens.

Apart from the achievements of these five I would like to mention the improvements achieved during the series by; Abid Hussain, Ben Rees, Imogen Tiffany, Martha Jackson, Paul Spencer and Theo Clay.

I would like to thank the following, without whom nothing would have happened:

- Barbara Carney, Kerry Gilchrist and Helen Morrell, for their splendid work at Registration and for recording finishing positions;
- Tim Becket and Bob Dover for setting the runners off at the correct times;
- Paul Tiffany for sorting out the results;
- Shaun Jordan, Gerry Bell, Denise and Don Johnson and Dave Shaw for marshalling, and making sure no one got lost;
- Dave Weatherhead, Graham Smith and Dave Potter, whose role as sweepers is so important, particularly for our juniors.
- Special thanks to John Smithurst and John Capenerhurst: our President organised the marshalling, but also provided the encouragement to keep the event going. As for John Capenerhurst, he not only did all the timekeeping, but I must admit that it was he who did all the preparation before each run, including getting permission from the Canal authorities for the event to go ahead: a not inconsiderable achievement!

Lastly, a big thank you to all those who ran without you it truly would have been a non-event!

Tony Kingham

BINGLEY HARRIERS & ATHLETIC CLUB

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BINGLEY HARRIERS TRACK RECORDS (As at December 2019)

Men:

100m	10.65	D Nelson	2013
200m	21.5	D Nelson	2013
400m	48.84	D Nelson	2013
800m	1m 50.0	S Fielding	1986
1,500m	3m 42.04	S Fielding	1988
1 Mile	4m 02.2	M Hawkins	1987
3,000m	7m 48.0	R Nerurkar	1992
5,000m	13m 22.39	J Solly	1986
10,000m	27m 40.03	R Nerurkar	1993
110mh	14.9	A Gill	1996
400mh	52.42	Oliver Robinson	2011
3,000m SC	8m 36.55	M Hawkins	1995
4x100 Relay	42.84	G Parlett, L Fortune, S Maufrais, A Gill	1996
4x400 Relay	3m 26.9	T Crowley, C Cox, O Robinson, J Allan	2008
High Jump	1.97m	M Dawson	1993
Long Jump	7.19m	S Maufrais	1996
Triple Jump	14.28m	S Maufrais	1996
Pole Vault	4.00m	N Robinson	2011
Shot Putt	16.20m	I Lindley	1987
Discus	50.38m	H Eberlein	1972
Hammer	46.20m	F McKenzie	1974
Javelin	60.25m	B Ambler	2008
Decathlon	5357pts	S Harrison	1993
Half Marathon	61m 06	R Nerurkar	1996
Marathon	2h 08.37	R Nerurkar	1997

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BINGLEY HARRIERS TRACK RECORDS (As at December 2019)

Ladies:

100m	11.94	N Crosby	1998
200m	24.3	N Crosby	1998
400m	57.46	J Oates	1997
800m	2m 6.9	A Coates	1988
1,500m	4m 27.54	E Clayton	2012
3,000m	9m 12.62	E Clayton	2013
5,000m	16m 37.27	E Clayton	2012
10,000m	33m 04.36	C Greenwood	1994
100mh	14.6	E Noble	2003
400mh	61.26	J Oates	1998
3,000m SC	10m 24.24	E Raven	2011
4X100m Relay	49.25	R Calvert, A Bretherick, J Oates, N Crosby	1996
4X400m Relay	3m 57.8	A Bretherick, J Oates, SJ Littlewood, SL Littlewood	1998
High Jump	1.76m	L Dickinson	1997
Long Jump	5.60m	J Oates	2001
Triple Jump	11.53m	K Brow	1997
Triple Jump	11.78m	J. Lawler-Rhodes	2018
Pole Vault	2.20m	R Calvert	1996
Shot Putt	13.80m	S Benson	2013
Discus	38.33m	J Crosby	2005
Hammer	53.32m	J Mayho	2012
Javelin	44.08m	E Lilly	1995
Heptathlon	4344pts	R Calvert	1996
Half Marathon	76.57	S Jarvis	2009
Marathon	2h 51m 33	S Jarvis	2011
5,000m Walk	26m 57	S Woodcock	1996
10,000m Walk	58m 09	K Brook	1997

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INDIVIDUAL SENIOR CHAMPIONS (As at December 2019)

Alistair Brownlee	Olympic Triathlon Champion	2012, 2016
Alistair Brownlee	World Triathlon Champion	2009/2011
Jonathan Brownlee	Olympic Triathlon - Bronze	2012
Jonathan Brownlee	Olympic Triathlon- Silver	2016
Jonathan Brownlee	World Sprint Triathlon Champion	2010/2011
Jonathan Brownlee	World Triathlon Champion	2012
Richard Nerurkar	World Cup Marathon Champion	1993
Rob Jebb	World Buff Skyrunner Champion	2005
Jon Solly	Commonwealth 10,000m Champion	1986
Steven Binns	U.K. 10,000m Champion	1983
Richard Nerurkar	English CC Champion	1990/91/93
Steven Hawkins	British Fell Running Champion	1992
Ian Holmes	British Fell Running Champion	1996/97/98/00
Rob Jebb	British Fell Running Champion	13/06/2003
Natalie White	British Women's Fell Running Champion	2006
Victoria Wilkinson	British Women's Fell Running Champion	2013/2014
Victoria Wilkinson	British Mountain Running Champion	2018
Mark Kinch	British Open Fell Champion	1997/98/00
Kirstin Bailey	British Open Fell Running Champion	1982,3,4,5,6,7,8,91
Mick Coffey	British Open Fell Champion (Div 2)	2003
Mark Kinch	British Trail Running Champion (Long Course)	1998/99/00
Martin Weeks	Fell Running Champion	1976
Robert Whitfield	English Fell Running Champion	1987
Ian Holmes	English Fell Running Champion	1996/98/00/02/03
Rob Jebb	English Fell Running Champion	2006/2008
Natalie White	English Women's Fell Running Champion	2006/2008
Victoria Wilkinson	English Women's Fell Running Champion	2013/14/15/16
Jon Solly	A.A.A. 10,000m Champion	1986
Steven Binns	A.A.A. 10,000m Champion	1988
Richard Nerurkar	A.A.A. 10,000m Champion	1990
Emma Raven	England 3000m Steeplechase Champion	2011
Mick Hawkins	Inter-Counties 3000m Steeple Chase Champion	1987/89
Colin Moore	Inter-Counties 10,000m Champion	1983
Colin Moore	Inter-Counties CC Champion	1984
Phillip Tedd	Inter-Counties Mile Champion	2000

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Masters Champions (As at December 2019)

Derek Lawson	World M50 25km Road Running Champion	1985
Peter Moon	World M50 3000m Steeplechase Champion	1999
Derek Lawson	Commonwealth M50 10k Road Running Champion	1986
Derek Lawson	Commonwealth M50 25k Road Running Champion	1986
Mike Smith	European M60 1500m Indoor Champion	2003
Mike Smith	European M60 3000m Indoor Champion	2003
Mike Smith	European M65 800m Champion	2008
Roy Bailey	British & Irish M40 Cross Country Champion (Eng.)	1991
Gerry Spink	British & Irish M60 Cross Country Champion (Eng.)	1991
Fred Gibbs	British & Irish M60 Cross Country Champion (Eng.)	1999
Les Haynes	British & Irish M60 Cross Country Champion (Eng.)	2002
Sue Cairress	British & Irish W55 Cross Country Champion (Eng.)	2004
Mick Hawkins	British M40 5k Road Running Champion	2002
Dennis Quinlan	British M50 5k Road Running Champion	1993
John Smithurst	British M55 5k Road Running Champion	1993
John Smithurst	British M80 10k Road Running	2018
Fred Gibbs	British M60 5k Road Running Champion	1999
Neil Robson	British M50 10k Road Running Champion	2001
Les Haynes	British M50 10k Road Running Champion	1994
Les Haynes	British M55 10k Road Running Champion	1998
Les Haynes	British Masters M75 5k Road Running Champion	2018
Fred Gibbs	British M60 10k Road Running Champion	1999
Fred Gibbs	British M65 10k Road Running Champion	2004
Fred Gibbs	British M70 10k Road Running Champion	2009/2010
Fred Gibbs	British M75 10k Road Running Champion	2013/14
Gerry Spink	British M50 10m Road Running Champion	1981
Neil Robson	British M50 10m Road Running Champion	2000
Fred Gibbs	British M55 10m Road Running Champion	1998
Fred Gibbs	British M60 10m Road Running Champion	2000/02
Fred Gibbs	British M65 10m Road Running Champion	2004
Stewart MacDonald	British M40 Half Marathon Champion	2006
Les Haynes	British M55 Half Marathon Road Running Champion	1998
Fred Gibbs	British M60 Half Marathon Road Running Champion	1998
Fred Gibbs	British M65 Half Marathon Road Running Champion	2004
John Firth	British M65 Half Marathon Road Running Champion	2006
Gerry Spink	British M50 25k Road Running Champion	1981
Pauline Smith	British W60 5k Road Running Champion	
Sue Cariss	British W55 10k Road Running Champion	2005/06
Sue Cariss	British W55 Half marathon Road Running Champion	2006
Derek Lawson	British M45 Cross Country Champion	1983
Derek Lawson	British M50 Cross Country Champion	1986
John Convery	British M50 Cross Country Champion	2013
Gerry Spink	British M55 Cross Country Champion	1988/89
Les Haynes	British M55 Cross Country Champion	1998

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Masters Champions - Continued

Fred Gibbs	British M60 Cross Country Champion	2001
Mike Smith	British M60 Cross Country Champion	2003
Les Haynes	British M65 Cross Country Champion	2007
Gerry Spink	British M70 Cross Country Champion	2004
Fred Gibbs	British M70 Cross Country Champion	2010
Fred Gibbs	British M75 Cross Country Champion	2014
Sarah Jarvis	British W35 Cross Country Champion	2009
Sue Becconsall	British W45 Cross Country Champion	2007
Sue Becconsall	British W50 Cross Country Champion	2010/13
Sue Becconsall	British W50 5k Road Running Champion	1991/92, 2009
Bob Whitfield	British M40 Fell Running Champion	2006/2008
Ian Holmes	British M40 Fell Running Champion	
Fred Gibbs	British M60 10,000m T&F Champion	2000
Fred Gibbs	British M65 10,000m T&F Champion	2004/06
Ian Lindley	British M40 Shot Putt Champion	1997
Mike Smith	British M60 1500m Champion	2006
Sue Cariss	British W55 10,000m T&F Champion	2005
Mike Smith	British M65 1500m Champion	2008
Mike Smith	British M65 5000m Champion	2008
Fred Gibbs	British M70 5000m Champion	2009
Fred Gibbs	British M75 5000m Champion	2014
Fred Gibbs	British M70 10000m Champion	2010
Andrea Dennison	British W45 10000m Champion	2009
Ian Lindley	British M40 Shot Putt Indoor Champion	1998/00
Ian Lindley	British M45 Shot Putt Indoor Champion	2001/03
Ian Lindley	British M50 Shot Putt Indoor Champion	2006
Neil Robson	British M50 3000m Indoor Champion	1999/01
Mike Smith	British M55 800m Indoor Champion	1998/02
Les Haynes	British M55 3000m Indoor Champion	1999
Mike Smith	British M60 800m Indoor Champion	2003
Fred Gibbs	British M60 1500m Indoor Champion	1999/02
Mike Smith	British M60 1500m Indoor Champion	2003
Fred Gibbs	British M60 3000m Indoor Champion	1999/00/01/02
Fred Gibbs	British M65 3000m Indoor Champion	2004/07
Fred Gibbs	English M70 Fell Running Champion	2009
Bob Whitfield	English M40 Fell Running Champion	1991/93
Ian Holmes	English M40 Fell Running Champion	2006/07/08/09
Ian Holmes	English M45 Fell Running Champion	2011
Alison Raw	English W45 Fell Running Champion	2011
Peter Covey	English M70 Fell Running Champion	2011
Peter Covey	British M70 Cross Country Champion	2011
Peter Covey	British & Irish M75 Cross Country Champion	2015
Bryan Parkinson	Irish Masters M60 800m Indoor Champion	2011
Aly Raw	British W50 Fell Running Champion	2014
Becky Weight	English W55 Fell Running Champion	2016

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INDIVIDUAL JUNIOR CHAMPIONS (As at December 2019)

Steven Binns	European Junior 5,000m Champion	1979
Victoria Wilkinson	Junior World Cup Fell Running Champion	1997
Alistair Brownlee	European Teenage Mountain Champion	2003
Alistair Brownlee	British & Irish U16 Junior Hill Running Champion	2004
Sam Webster	British & Irish U16 Junior Hill Running Champion	2005
Jonathan Brownlee	British & Irish U16 Junior Hill Running Champion	2006
Alistair Brownlee	World U20 Triathlon Champion	2006
Alistair Brownlee	World U23 Triathlon Champion	2008
Jonathan Brownlee	World U23 Triathlon Champion	2010
Steven Binns	English Junior CC Champion	1979
Catherine Bennett	English Girls CC Champion	1983
Steven Brooks	English Junior CC Champion	1989
Leone Dickinson	W.A.A.A. Girl's Pentathlon Champion	1990
Keith Daniel	UK Sportshall Under-15 All Round Champion	1990
Emily Field	Junior English Fell Champion	2018

JUNIOR TEAM TITLES

National Junior Cross-Country Champions	1989
BAF Under 17 Race Walking Champions	1995
BAF Under 20 Race Walking Champions	1997

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SENIOR TEAM TITLES (As at December 2019)

European Club Cross Country Representatives	1997/99/03
European Club Cross Country Bronze Medallists	1997
National Cross-Country Champions	1991/93/96/98/01/02
National Cross-Country Relay Champions	1995/96/98/00
National 6 Stage Road Relay Champions	1979/90/94/95/96
National 12 Stage Road Relay Champions	1996
National 10k Road Champions	1990/99
National 10 Mile Road Champions	1996
British Fell Running Champions	1997/02
British Women's Fell Running Champions	2000/02/03/06
British F.R.A. Relay Champions	1991/92/98/01/06/08
British F.R.A. Women's Relay Champions	2008/11
English Fell Running Champions	1991/98
English Women's Fell Running Champions	2003/04/06/07
Northern 6-Stage Road Relay Champions	1982/88/97
Northern 12-Stage Road Relay Champions	1996/99
Northern Women's 6-Stage Road Relay Champions	2004
Northern Cross-Country Champions	1991/92/93/94/95/96/97/01/02
Northern Women's Cross-Country Champions	2007/2011
North of England Division 3WC T&F Champions (M&F)	2006/2008
Yorkshire Cross Country Champions	1968/69/70/71/79/85/87/93/94/98/99/00/01/02/03/04/05
Yorkshire Women's Cross-Country Champions	07/06/2001
Yorkshire 6-Stage Road Relay Champions	1983/84/85/87/89/90/91/95/98/99/01
Yorkshire 4-Stage Women's Road Relay Champions	2008

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MASTER TEAM TITLES (As at December 2019)

World M50 25k Club-Team Champions	1985
British M35 5k Champions (Road)	2010/2012
British M50 5k Champions	1993/94/99
British M55 5k Champions (Road)	2011
British M60 5k Champions	03/02/1998
British M65 5k Champions (Road)	2013 /2017
British M65-M74 5K Champions (Road)	2014
British M70 5k Champions (Road)	2012
British M75 5k Road Champions	2018
British M50 10k Champions	1999
British M60 10k Champions	1999/02/03/07
British M65-M74 10K Champions	2014
British M60 10m Champions	2004/06
British M60 Half Marathon Champions	1998/04
British M50 6-Stage Road Relay Champions	1993/94/96/99
British M60 3-Stage Road Relay Champions	03/01/1999
British W45 3-Stage Road Relay Champions	1996
British W55 3-Stage Road Relay Champions	2006/2013/ 2016
British M40 Cross Country Champions	1983
British W45 Cross Country Champions	2013
British M75 Road Relay Champions	2017
British M75 Road Relay Champions	2018
British M60 Cross Country Champions	2003
British M65 – 74 Cross Country Champions	2014 /2017
British M70 Cross Country Champions	2010
British M50 3-Stage Cross Country Relay Champions	1995
British M50 4-Stage Cross Country Relay Champions	2001
British M60 3-Stage Cross Country Relay Champions	2001
British M75 Cross-Country Relays Champions	2017
National L35 Road Relay Champions	2009
FRA Veterans 4-Stage Fell Relay Champions	1991
British W35 3-Stage Road Relay Champions	2009
British W55 3-Stage Cross-Country Relay Champions 2014/16	2014/2016

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INTERNATIONAL REPRESENTATIVES (As at December 2019)

Muhammad Ali	Boxing Flyweight
Keith Anderson	Road, Marathon
Andrew Atkinson	Cross Country
James Ashworth	Marathon
Roy Bailey	Cross Country
Sue Becconsall	Fell, Cross Country
Gerry Bell	Cross Country
Steve Binns	Cross Country, Track
Angela Bretherick	Track
Oliver Brewer	Track & Field
Stefan Briggs	Fell
Steve Brooks	Cross Country, Fell, Road
Alistair Brownlee	Fell, Triathlon
Jonathan Brownlee	Fell, Triathlon
Anne Buckley	Mountain Running
Emile Cairss	Mountain Running
Sue Cariss	Cross Country
Emma Clayton	Mountain Running
Pete Covey	Cross Country
Angela Crewe	Cross Country
John Cordingley	Cross Country
John Convery	Cross Country
Mark Croasdale	Fell, Road
Nicole Crosby	Track
George Buckley	Cross-Country
Leone Dickinson	Track & Field
Meryl Dodd	Road, Cross Country
Bob Dover	Cross Country
Emma Raven	Track & Field
Dennis Farnsworth	Track
Simon Fielding	Track
John Firth	Cross Country
Harold Frobisher	Track & Field
Fred Gibbs	Cross Country
Siggy Gould	Fell
Steve Green	Cross Country, Road
Carol Greenwood	Cross Country, Fell
Abigail Greetham	Cross Country, Track
Mick Hawkins	Track, Indoors, Road, Cross Country
Steve Hawkins	Fell
Les Haynes	Cross Country
Ian Holmes	Fell
David Humphreys	Cross Country
Helen Jackson	Fell
Sarah Jarvis	Road, Cross Country

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INTERNATIONAL REPRESENTATIVES - CONTINUED

Robert Jebb	Fell
Helen Johnson	Fell
Mark Kinch	Fell
Emma Lilley	Track & Field
Rebecca Long	Track & Field
Stewart MacDonald	Cross Country
James Mason	Fell
Lucy Mayho	Cross Country
Matthew Merrick	Mountain Running
Victoria Merrick	Mountain Running
Peter Moon	Track
Colin Moore	Cross Country, Track, Marathon
Richard Nerurkar	Cross Country, Track, Marathon
Joanne Oates	Track
Catherine O'Halloran	Track & Field
Bryan Parkinson	Road, Track
William Padgett	Road
Andrew Peace	Fell, Mountain Running
Andrew Pearson	Cross Country, Road, Track, Fell
Mark Peters	Road
Peter Probin	Cross Country
Dennis Quinlan	Cross Country
Steve Robinson	Cross Country
Neil Robson	Cross Country
Charlotte Sanderson	Mountain Running
David Slater	Track
Robert Slater	Fell
Mike Smith	Cross Country
John Smithurst	Cross-Country, Road
Jon Solly	Track
Gerry Spink	Cross Country
Victoria Stainburn	Race Walking
John Taylor	Fell
Sharon Taylor	Fell
Jill Teague	Fell
David Throup	Cross Country
Rebekah Tiler	Weightlifting
John Waterhouse	Road
Craig Watson	Fell
Matthew Watson	Cross Country, Track
Ian Wellock	Fell
Natalie White	Fell
Matthew Whitfield	Fell
Mark Whiteley	Track & Field
Mary Wilkinson	Mountain Running
Victoria Wilkinson	Fell, Road, Cross Country, Mountain Running
Sian Woodcock	Race Walking
Emily Field	Fell Running

BINGLEY HARRIERS & ATHLETIC CLUB

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Our vision is to "encourage and provide inclusive sports opportunities for both juniors and adults of all ages and abilities, and to ensure they are provided with the support and encouragement they need to reach their full potential."



Photographs courtesy of Johnny Tomes Bingley Harriers & Athletic Club Press Officer

THANKS TO ALL MEMBERS, VOLUNTEERS, HELPERS, FRIENDS, ATHLETES WHO ARE HELPING TO ACHIEVE THE CLUB'S VISION.

Visit our website: www.bingleyharriers.org.uk



BINGLEY HARRIERS AND ATHLETIC CLUB

ANNUAL REPORT 2019



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