



BINGLEY HARRIERS - NEWS 2003

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(14/12/03) CALDERDALE WAY TITLES SLIP AWAY

Bingley let both Calderdale Way title slip from their grasp at the weekend. The men's A team finished just over 5 minutes behind winners Pudsey & Bramley despite posting fastest times on leg 2 (Holmes/Whitfield) and on leg 6 (McDonald/Cordingley). The women's team finished 3rd, less than a minute down on winners Clayton and 40secs behind 2nd placed Holmfirth.

02/12/03 MORE CROSS COUNTRY SUCCESS FOR JUNIORS

Bingley's young athletes had another good day in the 3rd West Yorkshire League fixture at Salendine Nook High School, Huddersfield last Saturday. It was Alice Fulton who was the main star again with a storming run to take a 3rd consecutive victory in the Under 15 girls category. She was ably supported by Eleanor Kitchen (14th) and Alison Potter (24th) as the team took 4th place. Our other girls also had fine runs with Lucy Mayho taking 3rd place in the under 17s race whilst Holly Craig finished 15th in the under 13 girls section. Our under 13 boys took the 1st team place in fine style. The team of Thomas Crowley (6th), Oliver Webster (11th), Henry Fulton (12th) and Bradley Fletcher (18th) all ran superbly to clinch the event 23 points in front of Halifax Harriers. In the under 15 boys race, a fine run from Aaron Fletcher (7th) led the team of Conor Terry (15th), Robert Shaw (20th) and Nick Twigg (21st) into 3rd place. Finally, excellent runs from our junior men Sam Clegg (5th) and Bob Daly (7th) also contributed to the senior men's 2nd place. Well done lads

27/11/03 CROSS COUNTRY MASTERS

Bingley had 6 members selected for the British & Irish Masters Cross Country International at Cardiff last week, November 22nd.

John Convery M/40 3rd in his race

Steve Robinson M/45 3rd in his race

Roy Bailey M/50 5th in his race

Gerry Bell M/50 (Running for Northern Ireland) 28th in his race

John Firth M/60 12th in his race

Fred Gibbs M/65 2nd in his race.

So if the injured ones Les Haynes, Mike Smith had been available, Bingley would just about been the England Team!!

24/11/03 AWARDS FOR ALL

At the Annual FRA dinner held this weekend in Kendal several of the club's top runners received their gold and silverware in time for their Christmas decorating. Ian Holmes picked up the English Fell Championship trophy, Rob Jebb finishing as runner-up whilst in a near reversal Rob collected the British trophy as Ian finished in 3rd place. Bingley's women did the double collecting both the British and English women's team awards.

(04/11/03) DOUBLE SUCCESS FOR BINGLEY

Two of Bingley's Junior prospects put in storming displays to win their races in the 2nd West Yorkshire League fixture of the season at Nunroyd Park, Guiseley on 2nd November. Alice Fulton won the Under 15 girls race in style to add to her win in the first event whilst Lucy Mayho marked her first run of the season with a fine win in the Under 17 girls event. Alice was backed up by team mates Eleanor Kitchen (15th) and Alison Potter (26th) to take 4th place in the team event.

In the other girls race, a fine run from Hannah Mayho (3rd) lead the under 13 girls team including Jo Bullock (26th) and Holly Craig (33rd) to 5th place. In the boys events, Henry Fulton ran well to take 9th place in the Under 13 event, ably backed up by Thomas Crowley in 16th whilst the Under 15 squad were represented by Nick Twigg (20th), Conor Terry (25th) and Robert Shaw (31st). Finally, Bob Daly continued his improvement with 5th place in the Junior Mens event (38th overall in the senior race) with Luke Johnson in 7th (74th overall).

(20/10/03) CARISS DOES PB

Chris Cariss finished 13th in the Amsterdam Marathon yesterday with a PB of 2.17.38 but he was disappointed to miss his target of 2.15.00. He apparently misjudged the drinks stations and became dehydrated (he can't have fancied a dip in the canal!).

(19/10/03) FOURTH FOR FELL SQUAD

At the FRA Relay Championship, held at Church Stretton on Saturday, Bingley's men failed to land the title they last held in 2001. New member Steve Hawkins finished the 1st leg in about 10th place, handing over to Andy Peace and Ian Holmes who, in setting the 2nd fastest time on long leg 2 handed over in 1st place. Another long leg saw Rob Jebb and Robin 'I bonked' Lawrence drop to 4th before handing over to Matt Whitfield for the final short leg.

(18/10/03) RAWNSLEY WINS AUTUMN HANDICAP

John Rawnsley did all the right things to establish himself as a complete no-hoper before this year's Autumn Handicap. His determination not to wear a pair of running shoes for the last six months was straight out of the 'Getting a Good Handicap Bible'. His master-stroke, however, was contriving to get himself timed out of the 3 Peaks race in April which must have earned him at least a 10-minute advantage. John, who was noticeably quiet whilst others were slagging off the handicapper, set off at a brisk pace and quickly overhauled the early leader Anne Jebb. From there he never looked back and was last seen holding on tightly to the Hannah Lister Trophy, a bottle of red wine and his handicap. Johnson & Johnson put up the fastest times over the 10k course with Aiden just edging out his brother with a mark of 37.59. In the junior 5k event Holly Craig, Kate Heaton, Matthew Coffey and Robert Shaw won their

respective age groups. A special mention must go to Conor Terry who was late arriving and so set off a couple of minutes after his allotted time and then ran the Senior race rather than the Junior. He still looked in good shape at the end - not bad for a 14 year old showing signs of following in his dad's (Gavin) footsteps!

(17/10/03) WEST YORKSHIRE LEAGUE OPENS

The 1st West Yorkshire Cross Country League fixture produced some fine results from Bingley's youngsters at Roils Head, Halifax last Saturday 11th October. The highlights of the day were Alice Fulton's victory in the Under 15 girls race as she led the team including Eleanor Kitchen (21st) and Alison Potter (22nd) to 3rd place and the Under 13 boys team of Liam Horsfall (10th), Henry Fulton (12th), Oliver Webster (14th) and Bradley Fletcher (15th) clinched 1st place.

In the other age groups, the under 13 girls team of Hannah Mayho (8th), Jo Bullock (17th) and Holly Craig (19th) took 3rd place as did the under 15 boys team of Aaron Fletcher (8th), Conor Terry (13th), Nick Twigg (21st) and Sam Webster (22nd). It was also encouraging to see our Junior Men, Bob Daly, Sam Clegg and Luke Johnson giving all the Seniors a good run for their money. A total of 22 Bingley juniors ran which augurs well for the rest of the winter season.

(13/10/03) HOLMES KEEPS ENGLISH TITLE

Ian Holmes, in finishing second behind Borrowdale's Gavin Bland at Langdale on Saturday, retained the English Fell Running Championship which he now holds for the fifth time. It was nip and tuck all the way over the 14 mile course with the young upstart and newly crowned British Champion Rob Jebb giving Ian a run for his money. In fact Jebb the younger hit the last top, Pike O'Blisco in 1st place only to be overhauled by the others on the way down losing out to Ian by just 5 seconds. The same event saw Bingley's women secure the English Fell Running Team Title to sit nicely with the British Title they won a few weeks ago.

(06/10/03) BINGLEY ON THE ROCKS

Bingley's international runners travelled to Gibraltar this weekend to take part in a 'Top of the Rock' race. They say it's a small world. This was confirmed when we landed in Gibraltar (small place) on Friday afternoon only to discover that two of the Gibraltar AC rock team were Clayton Runners! After serious carbo-loading on the Friday night while the Gibraltar team were tucked up in bed with their cocoa Bingley gave a good account of themselves in the race. We were second team with Jason Parker 4th finisher. The first and second runners home were from you know where! First woman was Rebecca Whelan and our first 4 counters were Jason 'Pillow' Parker, Carey 'Dustbin' Gray, Steve 'Hughey' Fry and Adrian 'The Limp' Netherwood. The team was supported by a very frustrated Mike Smith who had to pull out at the last minute due to an injury and a somewhat less than frustrated Colin Moore along with some mildly curious apes.

Full results will appear here in due course along with the photographs once they are returned from the authorities. Video evidence will be provided by Robert 'get that monkey off my foot' Adamson Productions.

Next year Gibraltar will be used as one of the venues for the World Mountain Series which is attracting top athletes from all over the world with a first prize of £1,000. A very tough 11K route has been put together for this prestigious event which will be held on the 30th of May 2004.

► [Results of the Top of the Rock Race](#)

(06/10/03) NEW RECORD MIX

In the Ian Hodgson Mountain Relay yesterday a mixed team of Bingley Fell Runners set a new standard for this class becoming the first mixed team to dip under four hours in a time of 3:58:00.

Leg 1 runners Ian Holmes and Robert Jebb narrowly missed a new leg record by nine seconds, handing over the baton to Ruth Whitehead and Kirstin Bailey in pole position despite . The girls battled with the male teams and handed over in fourth position to Colin Moses and Andy Peace on leg three despite being shouted at to get out of the way of Borrowdale by spectators who thought the Borrowdale runners were the leaders. "WE are the #!?!*!!!#? leaders!!" came the reply. On the final leg it was the turn of the ladies again and Helen Johnson with Sharon Taylor maintained the momentum to finish in eighth place overall.

This was the 17th time the relay has been held over a testing 25 mile course from Brotherswater. The existing mixed team record by Keswick AC had stood for five years

(29/10/03) JEBB MAKES IT A HAT-TRICK

Rob Jebb made it three in a row by winning yesterday's Three Peaks Cyclo-Cross race from Helwith Bridge. The race, which is organized by fellow Bingley Harrier John Rawnsley and takes in Ingleborough, Wharfedale and Pen-y-ghent, saw a number of Bingley's athletes taking part, including Andy Peace (8th), Colin Moses, Graham Bird, Andy Nicoll and Andy Wood. John 'Mr Three Peaks' Rawnsley also completed his umpteenth circuit. Rob was pushed all the way by British Mountain bike champion Nick Craig and Rob probably has him to thank for breaking his own record from last year, finishing in a time of just over 2hrs 52 minutes.

(29/09/03) BALES RACE FUN

On a sunny September Sunday morning Bingley Harriers hosted a traditional 'Over the Bales' cross country race at Beckfoot School. The race followed on from the hugely successful schools cross country event in Myrtle Park when 668 school children took part. Each athlete was invited to the Sunday event and we were very pleased with an entry of 65 for this celebratory event. (The club was actually 110 years old in September). Fun was had by all from tots to vets, teachers and parents and we are looking forward to new members. A family from Blackpool actually took part in the event after reading about the event on the club's web site.

Many thanks to all who helped events can not take place without our volunteers and sponsors.

(07/09/03) NEVIS VICTORY FOR JEBB

On his 9th attempt and after several 2nd places despite usually being 'first to the top' Rob Jebb managed to win the Ben Nevis race. Simon Booth 2nd, Ian Holmes 3rd, Andy Peace 5th to secure team victory. Ian Goodyear apparently had a nasty fall hurting his knee and head (did it knock any sense into him) but managed to finish. Steve Drake and Duncan the Bruce also completed the race without difficulty! at their first attempts.

(07/09/03) BURNSALL CLASSICS

The Burnsall Classic Fell Race was held on 23rd August and Bingley managed to put no fewer than 7 runners into the top 12 positions. A2, 3 and 4 from newly crowned British Fell Champion, Rob Jebb, along with Ian Holmes and Andy Peace secured the team award, whilst Colin 'Chainsaw' Moses, Andy Wood, Graham Bird and a rejuvenated Pete Clarke all had excellent runs. Worthy of note was the performance of an 'unattached' runner, a certain Martyn Speight who managed a useful 14th place - is this a sign of things to come?

(07/09/03) BRITISH FELL CHAMPIONSHIP SUCCESSES

At the final race in the 2003 British Fell Running series, Bingley's girls finished in a row - 5th, 6th, 7th and 8th taking the team to victory yet again and clinching the ultimate title of British Champions!

Gold in the English Championships is still well within our grasp with the final race - Langdale - as the decider! Watch this space!!

Individually, Sue Beconsall has gained a well deserved Bronze Medal in the British Veteran Ladies category.

Rob Jebb also became British Fell Champion for the first time, finishing 4th in the race, after being runner-up twice previously.

(28/07/03) MORE SUCCESSES FOR WOMEN'S FELL TEAM

Under the guiding hand of Fell Captain Barbara Carney our female fell runners have continued to show good form recently. England won the ladies team award at Snowdon with two Bingley's as counters!

Helen Johnson 1st counter (70th position)

Sharon Taylor 2nd counter (75th position)

Maureen Laney - Clayton (3rd counter)

We had team out for the English Championship race at Holme Moss but all three ended up as walking wounded! Sue Beconsall pulled a calf muscle and ended up in First Aid with ice packs! Sue Cariss fell in a muddy hole and strained her groin and Ruth Whitehead broke a finger knuckle and ended up with a potted hand and a sling!

Hopefully, though we've still clinched the English Gold but points have still to be added up by the FRA statistician.

At Snowdon Ian Holmes finished in 3rd position (England A), Matt Whitfield 6th (England B) and Andy Peace 8th (England A).

The good news from the Holme Moss race was that it was won by Rob Jebb.

(26/07/03) MOUNTAIN GOLD FOR BROWNLEE

Alistair Brownlee, representing England won the Teenager Games, European Mountain Race in the Black Forest at Berglauf, Germany and headed the England Team to take the gold medals. The England juniors took the first three places, led home by Bingley junior Alistair Brownlee. All three boys had pulled well away from the leading pack by the steep ascent- which rises to a climb of over 900ft - when Brownlee changed up a gear over the last 400 metres to win by 6 secs.

(21/07/03) ENGLAND CALL UP FIVE

Five Bingley Harriers have been called up to represent England in the forthcoming Snowdon International Fell Race which is to be held next Saturday from Llanberis. The five are: Helen Johnson, Sharon Taylor, Ian Holmes, Andy Peace and Matthew Whitfield.

(21/07/03) JEBB IN FLYING FORM

Rob Jebb (Pete's son) is in flying form at the moment not only did he win the Ingleborough race and with Andy Peace help the Yorkshire team to win the Inter-Counties title but he followed this up by winning the Kentmere Horseshoe race, which is held in his front garden the following day. Also at Ingleborough Helen Johnson and Sharon Taylor helped the women's team to 2nd place in the Championship.

(19/07/03) JEBB WINS LAKELAND CLASSIC

Rob Jebb won the Wasdale race held last weekend.

The race takes in Yewbarrow, Seatallen, Pillar, Great Gable, Sty Head, Esk Hause and Scafell covering 21 miles and some 9,000ft of climbing. Rob, who finished in a time of 3 hrs 46 mins, said "I think it's the toughest race on the calendar. It's nice to win my first long lakeland classic" Rob's next big race is the British Championship event in the Brecon Beacons in August.

(18/07/03) KNOCK OUT VICTORY FOR TRACK TEAM

This month we have had 2 meetings and welcomed several new members to our squad: Andrew Halliday, Nickolas Monastreotis, Oliver Brewer and David Gbatta.

We hope they all enjoyed the meetings and continue to contribute to the squad that was boosted to 17 members for the Barnsley meeting. The increase in numbers played a significant part in helping us to our first league win for a long time and now gives us a selection dilemma in the sprint section (when they are all available), because they are all at the same good standard winning the majority of their races. We were also well represented in the distance events of steeplechase with young members Oliver and Bob also

senior members Chris and Stewart in the 5000m winning in all their races. It was good to have Andrew Halliday back to the club since leaving as a junior, he is still a good hurdler. The Barnsley meeting was a true team performance from all members especially one of the youngest Danny Crosby and oldest Ian Lindley who scored the most points between them.

The knock-out competition which was at Oldham on the hottest day of the year is run on slightly different lines in that we only enter one athlete in each event, which means we do not miss out on filling both A and B races, we still have to win of course. Once again we had a great performance from all the team, particularly from the younger members who are becoming a real asset to the club, a special mention to Luke Johnson who when hearing that the 10000m runner was not going to arrive on time instantly offered to swap his race, and much to his credit finished in second place with an excellent run in temperatures of over 80 degrees. Multi talented Danny Crosby managed 3 events and 2 relays, Bob Daly won the s/c and also knocked 28 secs off his pb well done Bob. David Gbatta won both the 100 and 200 sprints, and Mathew Savage won the javelin, Sam Clegg the 1500, Danny Crosby the long jump and Ian Lindley the shot. Coming up to the relays we were in 3rd position and looking doubtful for qualifying for the next round, when the team decided they would enter both relays which was a good idea because they won both races in fine style to end up as overall winners.

A fantastic achievement - well done every body.

(14/07/03) CAREY FIRST THROUGH THE CHECKOUTS!

Potentially the race with the slowest winning 10k time this year, caused (of course) by the 1-30pm start on one of the hottest days of the year, and the undulations (done twice) between Morrison's at 5 Lanes End and Sainsbury's at Greensgates. The 'scenic' route included running through Morrison's car park, past the loading bay, bottle bank, and extractor fan of the fresh bread bakery. Bingley won prizes, including first overall and V40 for Carey Gray in 39-03, first V55 for Mick Long, and Rob Eccles in the winning Bingley team.

(07/07/03) MICK BOTTLES IT

There was a special presentation this weekend at the Wharfedale TTT where battered and bruised Mick Ford was presented with a bottle of beer in special recognition of his achievement of having competed in every race at every TTT event that has been held. Mick, who this year was recovering from a biking tumble, gained his highest position in the Grand Prix in 2002 when he finished 16th. This

years event was won by Steve Webb of the Valley Striders outfit who also won the team prize.

(23/06/03) FRED FINDS 5K FORM

Flying Fred Gibbs repeated his over-60s 1999 success over the weekend at the British Masters 5k Championship held at Horwich. Running a blistering 18:51 over the distance Fred edged another Bingley man, Halifax based John Firth into second place. Not content with a one-two, Dave Barber in finishing 7th, made sure of the team award.

(23/06/03) PERFECT PENYGHENT PERFORMANCE

Having at last got my hands on a set of result from the Penyghent Race held on 7th June in perfect, if a little warm, sunshine I can report that our ladies team finished first in this the 3rd English Championship race of the year. Sharon Taylor (9th) was first back and was ably supported by Pauline Munroe (12th) and Sue Beconshall (15th). In the separately held mens race we finished second behind Ambleside (but ahead of Borrowdale!) scorers being Ian Holmes (5th), Andy Peace (8th), Rob Jebb (Pete's son - 9th), Robin Lawrence (24th) and Siggie Gould 62nd.

(17/06/03) 5 MILE ROAD

The 'Full Bronte' 5 mile road race was held at Haworth on 12th June. The race, which was won by Keighley's Will Smith, also incorporated the Yorkshire 5 mile championships and Bingley Harriers came away with a smattering of 5 mile champions. In the V40 category John Convery was first, finishing 2nd overall whilst behind him in 3rd spot Steve Robinson scooped the V45 award. Not to be outdone John Firth romped home to secure the V60 title. Also making an appearance was ex-Bingley man and former Bradford marathon winner Armanath Ahir who finished 15th overall.

(16/06/03) NEW MOON AT SCUNTHORPE

At Scunthorpe on 8th June we welcomed five 'new' valuable members to our squad and hope that they will continue to enjoy their athletics with us: Mark Hardman, Charles Decosta, Theochariss Ispoglou (Harry), Chris Cariss and Peter Moon. Squad numbers are slowly improving and team spirit is second to none, this was very much on show at this meeting. Good examples were set by senior members, with Stephen Fry attempting long jump for the first time since school, Keith Daniel throwing a javelin for the first time and Graham Parlett who took part in the hammer, all to gain valuable points. The best example however was Peter Moon, who even though he crashed over the first water barrier and by normal standards should have retired injured, showed true 'Bingley spirit' and eventually limped through the field to finish winning the B race. Well done Peter you deserved the applause, and good luck with the recovery. Bob Daley also produced a good run to come second in the A race. Chris Cariss dominated the 5000m and must have been an inspiration to Sam Clegg who won the B race and proved once again we have some distance runners. Not to be out done by the distance runners, the sprinters put in a fine performance in the 4 x 100m relay team and had a convincing win with a good time. ALL members of the team made good contributions to the final score which put us in our usual 4th position. Sunny Scunny! (plus rain wind thunder and lightening) but despite the terrible conditions I am pleased to report we had an enjoyable day and look forward to the next meeting.

(02/06/03) TRACK & FIELD CHAMPIONS

At the recent Yorkshire Track & Field Championships held at the Don Valley Stadium in Sheffield Bingley Harriers returned home with a host of medals.

In the younger age groups Paul Boulton won his first medal by progressing through the heats to take a bronze medal in the 100m final. He also joined Matthew Cottam, James Heaton and James Kennelly to take silver in the Under 15 Boys 4 x 100m relay. Matthew Cottam was second in the U15 Boys 80m Hurdles and James Heaton was in gold medal position in the U15 Boys High Jump. In the Under 17s Emily Noble was Champion in the 80m Hurdles and Rebecca Long was also Champion in the 300m Hurdles, followed by a third in the High Jump. Charles Dacosta was competing in his first Yorkshire Championships was in bronze medal position in the 200m Final. Alistair Brownlee was 3rd in the 3000m and Ben Ambler was 3rd in the Long Jump and second in the Javelin.

In the Under 20 and Senior ranks medals were won by Cassie Wilson with 2nd in the Hammer, Bob Daley who is coming on in leaps and bounds surprised us all and took third place in the 2000m Steeplechase. Bobs training partner Sam Clegg also got a bronze medal in the 3000m. Danny Crosby followed up his second in the Long Jump with a 1st place in the Triple Jump. Matthew Savage was 3rd in the Long Jump and third in the Javelin. Emily's sister Frances Noble was 2nd in the Long Jump and 1st in the 100m Hurdles. In the Senior Men's Shot Ian Lindley was third bringing the Bingley tally to 5 Champions and 24 medals.

The squad followed up the success with further rewards at the North of England Championships at Liverpool with Rebecca Long winning the Under 17 300m Hurdles and Matthew Cottam winning Under 15 80m Hurdles. There were a number of 4th places just missing the medals with Frances Noble in the Long Jump, Oliver Robinson 4th in the 100m Hurdles and Daniel Walker 4th in the Under 15 400m final.

(20/05/03) WOMEN IN FINE FORM

The women's fell team made a successful visit to Wales over the weekend for the third race in the British Fell Championship at Moel Eilio. Sharon Taylor, Helen Johnson & Kirsten Bailey finished first team in the 8 mile race which climbs 3000' from Llanberis. In the men's race Rob Jebb was 2nd and Ian Holmes 5th.

(12/05/03) LATE ANNIVERSARY

Sorry this is a little late but the second race of the English Fell Championship, the Anniversary Waltz, took place from Stair in the Newlands Valley on 19th April. The event, which covers just over 11 miles with 3600' of climbing was won by Ian Holmes in a new record time of 1:28:27, in fact the first 5 runners all dipped inside the previous best. Rob Jebb, Pete's son, was 3rd and Andy Peace 7th.

(06/05/03) DAMP START TO T&F CAMPAIGN

The first meeting of the season was held at Derby in cold, wet and windy conditions which were not ideal for athletics and therefore a special mention must go to Abdul Kamara who returned from the steaming heat of Sierra Leone two days before the meeting just to be part of the team, he certainly felt the temperature difference.

We welcomed to our squad new member Nicholas Aghahowa who is a student at Bradford university, also competing in the men's league for the first time, Luke Johnson and Bob Daly-3000s/c, Ben Manchester-110H, 400H, Sam Clegg 5000m all contributed significantly to the team.

Danny Crosby gained valuable points by competing in as many events allowed for his age - Discus, 400H, Triple jump and Long jump and relays.

Dave Stoker had a good run in the 400m.

Graham Parlett completed a hat trick of wins in the 100m, 200m, and 110H.

Stewart Macdonald had a good run in the 5000m especially so soon after the London marathon where he also had a good run.

The highlight of the meeting was our sprint relays where we won the 4x100m by 2.4 secs and the 4x400m by 7.2 secs.

The disappointment of the day was the fact that we only could cover 50% of the events, where are our middle distance runners etc?, any athlete who would like to join the squad please get in touch. Overall we finished 3rd and look forward to the next meeting at Scunthorpe Sunday 8th June when we hope to fill more of the events.

(06/05/03) FINE PACKING BUT NO TEAM

Bingley managed a one, two three in the British Fell Championship event at Stuc A Chroin on Saturday with Ian Holmes, Rob Jebb (Pete's son) and Andy Peace showing how it's done but not getting the support they deserve as far as the team competition is concerned.

(13/04/03) CAPITAL PERFORMANCE BY CARISS

Bingley's Chris Cariss was the first British male runner to finish today's London Marathon, where he crossed the line in 17th place in a time of 2hrs 17mins 56secs.

(09/04/03) THE BUNNY SHUFFLE

At the second Bunny Run from the Guide Pub the sun shone as the three leaders shuffled their positions. Ian Holmes got his revenge on Rob Hope to win in 16:55. Mark Buckingham finished 3rd ahead of Bingley's Rob Jebb (Peter's son) and Robin Lawrence. In the main event Harry Atkinson tightened his grip (just!) on the club's over 50's Fell Championship leader board.

(06/04/03) WEAKENED WEEKEND

In the first British Fell Championship Race only Rob Jebb travelled to Northern Ireland to compete in the first British Fell Championship race at Slieve Bearnagh where he finished first, 34 seconds ahead of Jim Davies of Borrowdale. The ladies, however, did field a full team and with great packing from Sharon Taylor (9th), Helen Johnson (10th), Kirstin Bailey (13th) and Sue Beconsall (15th) they were able to secure the 3rd team behind Keswick and CFR. It was an 'indifferent' weekend for the Club, only managing to field 2 runners in the Northern 12-stage Relay at Blackpool on Saturday with Chris Cariss handing over to Aiden Johnson in 5th position. The women's team was similarly depleted with Meryl Dodd the only Bingley representative.

(01/04/03) BUNNY RUN ONE

The 2003 Bunny Run series got under way today with the first race blessed with a hailstorm just to make sure that the runners weren't getting soft after three or four weeks of sunshine. Rob Hope of Pudsey & Bramley 'hoped' in first (17:46) followed by Mark Buckingham of Holmfirth (17:58) and Bingley's Ian Holmes (18:17).

(16/03/03) ATKINSON LEAPS TO THE FRONT

Harry Atkinson, who is usually 'uncomfortable' over the longer distances, secured sufficient points in the 5-point-something mile Lads Leap Fell Race to top the table in the prestigious Bingley Harriers Over 50's Fell Championship. Harry was second Bingley Vet behind Joe Balmforth who now heads the Over 40's competition. In the minor competitions Bingley's Ladies won the team prize in this the first race in the English Fell Championship with Helen Johnson, Sharon Taylor and Sue Beconsall doing the business. Bingley's senior men could only manage 3rd team behind Pudsey & Bramley and Borrowdale with Ian Holmes (3rd), Rob Jebb (Peter's son) (4th), Robin Lawrence (22nd), Robin Bradbury (77th) and Colin 'Chainsaw' Moses (79th).

(12/03/03) SMITH REIGNS IN SPAIN

Eh up what's this? - the old ones are at it again. At the European Masters Indoor Championships in Spain, held from 6th - 8th March, Mike Smith won the over-60 3000 metres title and followed up two days later winning a close run 1,500 metre. Roll on age 65.

(12/03/03) WHIZZO RUN FROM ROBIN

Robin Lawrence ran to victory in the Tina Horn Memorial 'Windmill Whizz' last weekend. His run of 40.08 over the 6 mile course from Ogden Reservoir saw him finish just 14 seconds ahead of Stuart Gregory from the Holme Pierrepont club. The event was the second race in the West Yorkshire Vets league, the 3rd event in the South Pennines Grand Prix (Allan Greenwood's races) and also a charity fund raising event.

(27/02/03) SPORTS HALL ATHLETICS FINALS

Four teams representing West Yorkshire travelled in to Thornaby on Tees on Saturday to compete for places in the United Kingdom Finals to be held at the National Indoor Arena, Birmingham on 12th April. This was the second round of a highly competitive series of events, which is designed to keep young athletes interested in the sport through the long winter months of training.

The performances on the day were outstanding with three out of the four teams winning and qualifying for the UK Finals. In this year's competition it was the strong Under 13 Girls team that showed the records that they broke in the West Yorkshire Trials were no fluke when they beat the nearest rivals Tyne & Wear by 106 points. The U13 girls' team came home with a tally of 20 medals. They now look forward to the trip to the National Indoor Arena.

In the Girls under 15 Individual All-Rounder competition West Yorkshire members Kirsty Parr (Wetherby High) was first and Bethany Staniland (Bradford Girls GS) was placed second and Ashley Little Garforth College was third overall.

The West Yorkshire Under 15 Girls team came first beating Tees Valley into second and Humberside third and came down the A1 with a haul of 17 medals.

The Under 15 Boys team were second and just lost out to Tyne & Wear by just one point but beat Tees Valley into third place with a margin of 55 points. In the Under 15 Individual All-Rounder competition Oliver Robinson (Bradford Boys) was second and Fraser Davies (Guiselley) was third and Joe Fawcett from Bingley GS was 7th overall. The team had a medal haul of 13 medals but miss out on the National trip. Unless they qualify as the best losers after all the Regional finals have completed.

The under 13 Boys team won the competition and qualify for the UK Finals for the first time since 1998 beating a strong Northumberland team by 22 points and in third place were Tyne & Wear.

(24/02/03) NATIONAL VOODOO STRIKES AGAIN

This year the 'Nationals' took place at Parliament Hills, (Hampstead Heath London) on Saturday 22nd February. It was a pleasant spring-like day unlike last year's arctic gale in Bristol but to balance that was a tiresome trek to the course due to parking restrictions. The Bingley Ladies National voodoo struck again and after successful outings in the Yorkshire and Northern we, like the men this

The Bingley ladies National Woodstock stuck again and after successful outings in the Yorkshire and Northants we, like the men this year, found ourselves with a number of key athletes unavailable on the day. Every year I think my days in the 'A' team are over but the National will insist on proving me wrong.

So the results: we finished 12th team with Meryl Dodd 48th in 37.28, Sue Becconsall 100th (39.47) yes! it really was Sue (not Lisa who is injured) and no! she did not have the wrong number – I double checked; the organisers must have made an error – honest!. Next was Sue C. 122nd (40.48) and Kirstin Bailey 154th (42.37) both of whom were 'A' team stand-ins for the 3rd year running and are turning it into an art form. Some would say that muddy blue/white hooped pigtailys would be a significant improvement on this years offerings at the Tate Modern and I would not disagree.

To put it in perspective there were 400 finishers altogether so, actually, we ain't half bad - Sue Cariss.

(21/02/03) 'AN UNSUITABLE SPORT FOR LADIES'?

Despite the committees reservations in 1953 that cross-country may be an 'unsuitable sport for ladies', Bingley's women made their presence felt during the recent West Yorkshire Cross Country League programme. The first race was unfortunately not well attended due to people running other events, such as the fell relays and reebok series. It was also half term and some people were away but we had two ladies, Sue Becconsall and Louise Geldart running, finishing well up in the field. The second race showed a good team of Bingley ladies racing into 1st team position. Louise finishing in 7th in a time of 18.42, Sharon Taylor in 9th in 18.55, Kirstin Bailey 11th in 19.05, Sue Becconsall 14th in 19.15, Sue Cariss 22nd in 19.51 and Sue Fulton 51st in 22.33. In the third race there was once again a good result and Bingley ladies again in 1st team position. Lisa Mawer finishing 2nd, Louise Geldart finishing 5th, Sue Becconsall in 11th and Kirstin Bailey in 13th. Again closely packed. Lisa Mawer ran 19.42mins, (21secs behind the race winner) Louise ran 20.30 mins, Sue's time was 21.23 and Kirstin 21.25mins. Race four saw Bingley finishing 2nd team to Holmfirth. Our runners were Louise Geldart who finished an excellent 2nd in the race, Sue Becconsall in 9th and Kirstin Bailey in 12th. The winning time was 21.39 mins, Lisa Wilyman, with Louise hot on her heels in 21.40. Sue ran 22.45 and Kirstin 23.17. Well done to all of the team.

(21/02/03) RECORD RUMOUR

Rumour has it (someone read it somewhere and told someone, who told someone else who told someone else...) that Rob Jebb broke the record in winning the Wadsworth Trog last weekend. If anyone can confirm the story and perhaps supply the details of the new record I'll make sure they're recorded for posterity!

SMITH & LINDLEY TRIUMPH INDOORS

Sheltered from the elements Mike Smith & Ian Lindley travelled to the British Masters Indoor Championships at Kelvin Hall Glasgow. Ian won the Shot in his age category and Mike was successful in both the 1500m and 800m.

(03/02/03) PIPER'S SEND OFF FOR JOHN'S RUN

The 'Woodentop' organized 'John's Run' attracted a large field of over 300 runners to Penistone Hill, Haworth, today and they were send on their way to the tune of the pipes. There was a huge representation of runners from both the Bingley and Holmfirth clubs that John ran for and who were led out for a 'rolling start' by some of John's closest friends including, of course, Kirstin. The six mile race was the first counter in Bingley's 2003 Fell Championship with Ian Holmes making his presence felt in a star-studded field running out the victor in 39.42. He was followed home by Rob Jebb (3rd), Mick Hawkins (14th) and Robin Lawrence (18th). Bingley's Pauline Munroe was 1st woman in 74th place overall (49.27). Early leaders in the Fell Championship vets category are Mick Hawkins (V40) and Club Pres. Bob Dover (V50).

(03/01/03) NO JOY IN SPAIN

Bingley Harriers were 13th of the 19 men's teams at the weekend's European Champion Clubs Cup in Jaen, Spain. Bingley were led home by the new North of England AA Cross Country Champion, Chris CARISS (27th) followed by Ian HOLMES (57th), John CONVERY (64th), Phil TEDD (73rd), Matthew WHITFIELD (72nd) and Stuart MacDONALD (79th).

(28/01/03) FORMER CLUB CAPTAIN DIES

Live Vice President and former Club Captain John Escritt has died at the age of 86 after suffering a long illness. Although he hadn't been involved at the club for many years, many members will have seen his name on the membership card on the Life Vice President List. During the late 1940s the Harriers were registered with the Denholme Youth Council and as part of their activities visits were made to various institutions. Working as he did at the Sports Turf Research Station at Harden, he was able to arrange visits there on behalf of the club.

He leaves a wife, Freda.

(06/01/03) YORKSHIRE TITLE RETAINED

A solid team performance by Bingley's senior men's team secured their sixth successive victory in the Yorkshire Cross Country Championships held at Nunroyd Park, Guiseley on Saturday. Led home by Chris Cariss in first place the team comprised: Andy Peace, 6th; Ian Holmes, 7th; Matthew Whitfield, 11th; John Convery, 13th and Stuart MacDonald, 14th.

In the women's race Bingley finished 2nd behind winners Wakefield Harriers. The Club's highest placed runner was Pauline Munroe in 5th spot; Louise Geldart (12th) and Sharon Taylor (18th) completed the scoring.