



Bingley Harriers News


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06/12/10 - WEST YORKSHIRE XC LEAGUE RACE FOUR - JUNIORS

Congratulations to those Juniors who battled through the snow and ice to compete in the last league race of the season, and many thanks to their parents for their wonderful support.

Unfortunately our numbers were inevitably down, and this did prevent us from securing any team positions, which further affected our overall results.

Lucy Shutt was our only U11 Girl finisher, in a brave 20th position, and she is to be congratulated on being an ever-present in the league races: well done, Lucy!

Adam Thompson was 30th in the U11 Boys, Abigail White 34th and Victoria Merrick 36th in the U13 Girls, and Matthew Merrick a fine 19th in the U13 Boys. Also in the U13 Boys, we saw an excellent performance from another ever-present, Emile Cairness, who finished 3rd.

Our overall league positions are a little disappointing, particularly in view of the fine performances we have seen, with our U11 Boys being the only team to secure a final overall position, a promising 4th. Individually the picture looks rather better, with Emile once again showing his consistent ability, to achieve 3rd place overall. Other results were :

U11 Girls Anna Whitehead 19th ; Lucy Shutt 22nd

U11 Boys Alex Stewart 12th; Jack Illingworth 28th

U13 Girls Victoria Merrick 33rd; Abigail White 40th

U13 Boys Matthew Merrick 23rd; Max Nicoll 38th

Although the WY League has finished for this season, there are still many more club races to come, except for our U11s, who will have to concentrate their efforts on the PECO League, and we do urge them all to get involved in the remaining four fixtures, beginning with the race at Rothwell on Sunday 19 December. Details will be available from Graham, David or me.

Tony Kingham

29/11/10 LEEDS ABBEY DASH

Bingley Harriers had no runners to match the first eight finishers in the race, all of whom clocked under 30 minutes. Nonetheless there were creditable performances from Lee Athersmith (37th in a time of 32.06), Tim Midgley (42nd in a time of 32.18) and James Robinson (95th in a time of 35.02). Other notable Bingley performances came from Oliver Downing (M60 44.18, 6th position in M60 category) and John Smithurst (M70, 47.54; 3rd position in M70 category).

John Capenerhurst

29/11/10 FINAL VETS GRAND PRIX RACE SPENBOROUGH

F40 Marisol Carrera Vivar: 3rd position 39.08 a minute behind first F40 Margaret Sykes Holmfirth Harriers. M60 Peter Ellerton 86th; M65 Bob Dover 59th position, first M65.

John Capenerhurst

29/11/10 YORKSHIRE VETERANS GRAND PRIX RACES

Pride of place goes to two veterans who won their age groups in the Yorkshire Veterans Grand Prix Races. Dave Barber won the M65 trophy with his score of 835 points from 8 races. Whilst his older rival John Smithurst won the M70 with 568 points, 167 points ahead of his nearest rival. This year's trophy was the third in succession for Smithurst.

Other Bingley Harriers results for the Grand Prix Races this year were:

F40 Marisol Carrera Vivar; 4th place; F45 Aly Row: 26th; F50 Sue Beconsall 13th;

M40 Phillip Knight 32nd; M45 Paul Mitchell 33rd; Richard Scott 49th; Michael Smithurst 65th. M50 Mark Westman 34th; John Cordingley 41st; M55 Shaun Jordan 28th, Gerry Bell 29th, Bryan Parkinson 30th ; M60 Peter Ellerton 16th; M65 Bob Dover 8th; Les Haynes 12th; M70 Peter Covey 3rd.

These positions reflect not only race positions but also the number of races entered. None of the above Bingley runners completed more than 5 races, most completing no more than 2. Bingley Veterans would seem to lack both a strong team organisation and individual consistency for entry to the Grand Prix Races.

John Capenerhurst

29/11/10 PECO LEAGUE RACE ONE - PONTEFRACT

Seven of our Juniors, several of whom had competed on the fells the day before, took part in the first race of this friendly league, and they all produced fine performances : Lucy Shutt was 2nd in the 9yo Girls; Anna Whitehead was 3rd and Olivia Roper 4th in the 10yo Girls; Victoria Merrick was 3rd and Abigail White 4th in the 11yo Girls. For the boys, Jack Illingworth was 2nd in the 10yo race, and Matthew Merrick 2nd in the 11yo race.

There are four more races remaining in this league, the next one of which is at Rothwell on Sunday 19 December. Map and directions will be found on Abbey Runners website : www.abbeyrunners.co.uk/PECO , but will also be available from us on Tuesday evening training sessions at Bradford and Bingley.

Tony Kingham

29/11/10 WEST YORKSHIRE XC LEAGUE RACE THREE – JUNIORS

A good turnout, though it was a pity that we could not have more than two scoring teams. Our U11s, boys and girls, kept up their record of consistency with both of them securing 5th place. Anna Whitehead had a fine run in 14th place, and she was well supported by Olivia Roper in 22nd and Lucy Shutt in 26th. For the boys, Alex Stewart was once again our first counter in 13th place, and he was backed up by Ben Nicoll in 26th, Henry Moorhouse in 32nd and Jack Illingworth in 36th. Both these teams show real enthusiasm, and we do feel that there is more to come from them in the future.

Victoria Merrick, running against many girls who are nearly two years older, again showed real determination to finish in 30th place, and the same could be said of her twin brother Matthew who finished in 36th place in the U13 race. Emile Caires showed that he had fully recovered from his injury with an excellent 3rd place, and Max Nicoll battled through for 54th : it is such a pity that we do not have a 4th counter in this age-group. Last, but certainly not least, we should mention Jenna Killock who, in her first year in the U17 Women group, finished in 14th position.

We really are into the season now and there are many more races to come. We hope that our U13s, U15s, and U17s will make sure that they are entered, and that they run, in the Yorkshire, Northern and National Championships. What's more, there are still four more races in the PECO League : we would like to see ALL our Juniors in those!

Please see Graham, David or me if you want more details.

Tony Kingham

29/11/10 - JUNIOR TRACK & FIELD AWARDS 2010

Bob Dover (Vice President) and Hound Dog attended Beckfoot School to present the seasons Track & Field awards to Bingley Harriers juniors.

The McCains National Young Athletes 'Points for Points award winners were:-

U13 Boys 1st Luca Zenti, 2nd Edward Hodgson, 3rd Elliott Turner
 U13 Girls 1st Amy Pollard, 2nd Rebekah Tiler, 3rd Abigail White
 U 15 Boys 1st Andrew Russell, 2nd Dario Sposato, 3rd Alfie Seeley,
 U 15 Girls 1st Hollie Postlethwaite, 2nd Lydia McQuiston, 3rd Steffi Barraclough,
 U17 Boys 1st Matt Chambers, 2nd Demetric Nelson, 3rd Michael Bolton & Jack Thorp
 U17 Girls 1st Chloe Holden-Wilson & Kerisha Bogle, 2nd Arianna Zenti, 3rd Jenna Killock

The Patrick Meegan Plate was presented to the athlete achieving the most Grade one performances in the McCains National Young Athletes League matches and this years winner is Demetric Nelson.

In the Pulton Cu the Bingley Harriers Track & Field Championships the winners were:-

U11 Boys - 1st Daniel Abbott, 2nd Jordan Eli, 3rd Rowan French
 U11 Girls- 1st Rhea Southcott, 2nd Anna Whitehead, 3rd Georgia Crabtree
 U13 Boys- 1st Luca Zenti, 2nd Emile Caires, 3rd Tommy Thorp
 U13 Girls- 1st Rebekah Tiler, 2nd Stacey Rooke, 3rd Amy Pollard
 U15 Boys- 1st Sam Afari, 2nd Andrew Russell, 3rd James Abbott
 U15 Girls- 1st Hollie Postlethwaite, 2nd Lily Dooks, 3rd Sheralee Doherty
 U17 Boys- 1st Matt Chambers, 2nd Matthew Walker, 3rd Jack Thorp.

Overall Joint Pulton Cup Winners 2010 – Luca Zenti and Holly Postlethwaite

►Pulton Cup Hall of Fame

Each month athletes judged on excellence within the month and are awarded the Hound of the month award . The Young Hounds of the Month are nominated for the prestigious Hound of the Year Award and for 2010 the winner is Rebekah Tiler.

►Hound of the Year Hall of Fame





Thanks were given to all the coaches, helpers, Team managers and officials without whom none of this would happen.
Alan Oates

16/11/10 SHEPHERDS SKYLINE FELL RACE

The weather was uncharacteristically good for the finale to our Junior Fell Championship - the famous Shepherds skyline race. As far as junior fell races go this has got to be one of the best with all age groups doing what I would class as a proper fell course.

The under 8s and under 10s got proceedings underway with the younger runners doing one lap and the older ones doing two laps of a very testing course which included a steady climb to the top of a valley then a death defying descent to a stream immediately followed by a hands on knees climb back to the top of the hill before the final plunge to the finish line.

In the Under 8s Fell regular Ben Jones was first Bingley home closely followed by William Moorhouse who was competing in just his second ever fell race.

In the Under 10s our star runner Alex Stewart faltered on the first climb but battled back strongly to once again be first Bingley home just 2 seconds in front of Ben Nicoll who's definitely getting his pace back after his bike crash injury earlier in the summer. Henry Moorhouse was next just a few seconds behind and he was closely followed by Reuben Mantle and the ever improving Lucy Shutt who crossed the line just a second apart.

Reuben took the award for muddiest vest and bloodiest knees following a dramatic spill just 50 yards into the race which saw him sprawled headlong into a muddy puddle and trampled by 50 raging fell runners.

Next it was the turn of the older juniors and in the under 12s Max Nicoll and new recruit Matthew Merrick had a real battle regularly changing places over the whole distance before Max just managed to ease away from Matthew in the last few hundred meters to take the top Bingley spot.

Just behind Max and Matthew was Katy Boden who has now competed in all 8 of this year's championship races – well done Katy, a fantastic achievement!

Olivia Roper and Matthew's twin sister Victoria Merrick then came storming down the hill to the finish and in true sporting spirit crossed the line together to record identical times.

No under 14s this time (Emile was laid up with a Bulldogs Charge injury!!) but in the Under 16s Gordon Weight ran well around a long course to take 2nd place overall despite admitting to losing his way – if you're going to win races Gordon you need to be able to navigate – just ask Rob Jebb ;-)

Well that's it for this year's championship – there's been some great races and some fantastic personal performances – well done to all that have competed. I'm already planning next year's championship when I hope to see even more Bingley Juniors hitting the hills.

Don't forget – Junior Social / Prize Presentation evening – 7th December after training

► Final Standings

Andy Nicoll - Junior Fell Team Manager

08/11/10 YORKSHIRE VETS FELL CHAMPIONSHIPS

The race was incorporated into the Meltham Cop Hill fell race.

Marisol Carrera was the winner of the F/40 title.

Adrian Rishworth

08/11/10 BRADFORD ATHLETICS NETWORK - SPORTSHALL COMPETITION



The first of 3 competitions was held at Richard Dunn Sports Centre with a view to giving juniors to try and gain experience of some Sportshall competition against athletes from the Bradford Clubs. These competitions are a nice warm up for the West Yorkshire trials to be held in January for Under 11's and February for U13/U15's both at Richard Dunn sports centre.

The competition consisted of running, jumping and throwing events each scoring for the overall positions in the age groups. For Bingley both Sophie and Rebekah Tiler had runaway scores and won gold. Nathan Henderson-Hall won gold in the year 7 category and Lucy Shutt was 5th and also got a medal. Georgia Pilling was 2nd in the year 4 category.

We hope to have more entrants in the competition on the 5th December so please ask for an entry form.

Alan Oates



Alan Gates

08/11/10 SHEPHERDS SKYLINE FELL RACE

Twelve harriers crossed over into a sunny but muddy Calderdale for this popular fell race, hosted by Todmorden Harriers. Ian Holmes followed up his two victories last weekend with his umpteenth win at the Shepherds race. He was pushed all the way by Ilkley's Tom Adams but ran out winner by 14 seconds. Even more remarkable when you consider Ian had cycled over to the race! Andy Peace and Andy Jebb (who also cycled over) had good runs finishing in 5th and 12th place respectively. Bingley had 6 finishers in the top 20 and duly took the team prize. Well done to all who ran for Bingley.

Race results:

James Senior

06/11/11 HOLMFIRTH 15

At the 'Holmfirth 15' which incorporated the Yorkshire Vets 15 mile road championship, Stewart MacDonald won Silver, finishing 2nd 0/40.

In the race overall he also placed 2nd with a very credible 1.25.46. (Average of 5.44mins per mile)

Adrian Rushworth

06/11/11 GREAT WHERNSIDE & BRONTE WAY

Ian Holmes returned to winning form at the weekend with not one but two race victories in two days!

In a repeat of the Great Wherside race two years ago, Ian beat Ted Mason of Wharfedale Harriers by just under a minute to take the victory. Second Bingley runner home with another consistent strong run was Andy Jebb in 9th place, 18 seconds ahead of the ever improving Ged Callen in 11th.

The next day saw Bingley claim the top two positions at the Bronte Way. Fresh from his win the day before, Ian Holmes cruised to victory on the course which starts over the border at Wycoller in Lancashire and finishes in Haworth 8 miles later. 2008 winner Lee Athersmith also put in a strong performance to finish 2nd, 80 seconds behind Ian. Consolation for Lee was that he beat his 2008 time. Alan Wright and Ian Ferguson also sneaked inside the top 25 to cap a good day at the races for Bingley.

Well done to all Bingley runners who represented Bingley on the fells this weekend.

James Senior

01/11/11 - WEST YORKSHIRE LEAGUE RACE TWO - JUNIORS

This was a really encouraging turn-out, despite the fact that it was the end of half-term, and we were again blessed with fine weather. The most pleasing aspect of the day was that we managed to field three scoring teams, compared to one in the first fixture : our U11 Girls were 5th (Anna Whitehead was 18th, Olivia Roper 19th, and Lucy Shutt 26th); our 13 Girls were 7th (Katy Boden 20th, Victoria Merrick 31st, and Abigail White 38th); our U11 Boys were 5th (Alex Stewart was 15th, Henry Moorhouse 29th, Jack Illingworth 31st and Adam Thompson 35th).

Unfortunately, we did not have a scoring team in the U13 Boys, but Emile Cairess again did very well in 4th place, with Matthew Merrick in 23rd and Max Nicoll in 42nd. We really need one or two more runners in this age-group.

In the U15 Boys Thomas Potter played a lone hand, and his 31st place was very encouraging, as was Jenna Killock's 8th place in the U17 Women.

Overall, signs of real progress, and we hope that we can build on this, beginning with the first PECO League race on Sunday, 7 November. We hope that as many of you as possible will be able to run, and also look forward to seeing you at training, where numbers are gradually going up again.

Tony Kingham

01/11/11 - WEST YORKSHIRE LEAGUE RACE ONE - JUNIORS

The first race of the new league season took place at Guiseley and, although there were a few of our runners missing, it was a promising start for our juniors.

In the U11 Girls Lucy Shutt was 21st, and Anna Whitehead 24th ; in the U13 Girls Katy Boden was 32nd, and Abigail White 43rd - we will be hoping to field teams in the remaining fixtures.

In the U11 Boys we did have a scoring team, in 4th position. Alex Stewart was 8th, Ben Nicoll 25th, Rueben Mantle 26th and Jack Illingworth 29th. This was very encouraging, as was Emile Cairess's 3rd position in the Under 13 Boys, backed up by Max Nicoll in 36th. It is a pity that we could not raise a scoring team in either this race or in the U15 Boys race, in which Joe Wain was 25th and Thomas Potter 39th..

We shall definitely be hoping for a larger turn-out in the next fixture, and we look forward to seeing you all on Tuesday evenings.

Tony Kingham

01/11/11 - BRADFORD CITY RUN : JUNIORS

Congratulations to those Juniors who took part, with considerable success, in the Bradford City Run. The results we have are as follows (positions are overall positions) :

5km female 7. Olivia Roper, 8. Victoria Merrick

5km male 5. Matthew Merrick

3km female 2. Lucy Shutt

3km male 3. Alex Stewart, 8. Henry Moorhouse, 9. Max Nicoll

Tony Kingham

01/11/11 - WITHINS FELL RACE

Unusually fine weather greeted the athletes who ventured to the notoriously wet and windy Penistone Hill for this year's Withins race.

In the senior race first home for Bingley was Andrew Jebb closely followed by James Senior then Richard Scott. Not far behind was

Pauline Munro who stormed round the course in 53mins 13 secs to set a new FV40 record. Pauline was followed home by Aly Raw and our racing machine Marisol Vivar to round off our top three ladies. There were some other notable performances by a strong field of Bingley Runners - full results here : <http://www.woodentops.org.uk/assets/results/10withins.pdf>

In the Junior race, it appears that word is starting to spread that fell racing is actually quite good fun. Either that or they all came just for the goody bags. Anyway we had a good clutch of blue and white stripes on the start line and the racing was as ever fast and furious. In the Under 8's race, Lucy Shutt, a real racing regular, ran well to finish 25th in 4.31 and Jack Colwell finished in 41st place despite having to drag his mum round with him ;-)

In the Under 10, 12 and 14 race Emile Cairess again performed brilliantly to take 4th place overall and this year managed to finish the race with both shoes on his feet! Just a little further back Matthew Merrick one of our new recruits had a storming first ever fell race to finish in a very creditable 28th place against some strong and older opposition. The Nicoll brothers Max and Ben and Harry Colwell all had good solid runs and another new member Victoria Merrick ran her first race under the watchful eye of her best pal and seasoned fell runner Olivia Roper who fittingly allowed her to cross the line in exactly the same time!

I like to save the best news till last - Gordon Weight our sole runner in the Under 16s category STORMED to overall victory leading home Declan Bulmer of Wharfedale - well done Gordon, a fantastic result and I'm sure the first win of many!

Andy Nicoll

25/10/10 YORKSHIRE VET ROAD RELAYS

Ilkley 23/10/10.

The race clashed with the club autumn handicap so the results are even more tremendous.

Bingley Ladies 0/35 finished 4th (Sally Robinson, Sue Cariss and Marisol Carrera)

Ladies 0/45 Won Gold (Andrea Dennison/Mary Green and Sue Beconsall)

Men 0/40 Won Bronze (Shaun Jordan/Gary Carty/Paul Mitchell and Steve Fry)

Men 0/60 Won Gold (Mike Smith/Neil Robson and Bryan Parkinson)

Men 0/70 Won Gold (Pete Covey/George Buckley and Fred Gibbs)

25/10/10 VETERANS NEWS



The weekend of the 17/10/10, Fred Gibbs won the Northern(0/70) 10000 mts track championship title.

The same weekend saw Stewart Macdonald take the Yorkshire vets half marathon title at Bridlington, acquiring a solid 1.14.11, coming away with 5th place overall. Tim Midgeley also ran and came home in 4th overall in 1.12:59

Photo courtesy of Brian Townsley, taimages.com

18/10/10 TRACK & FIELD FINALE

The last weekend in September brought to a close the Track & Field season with the Yorkshire Combined events competition at the Keepmoat Stadium in Doncaster. Under 17 Jack Thorp of

Bingley Harriers came away with 8 personal best performances in the Octathlon to become Yorkshire Champion at his first attempt at multi-events.

The scores for Jack were as follows:-

Octathlon Total	3401 points	National Grade 4 PB
100m Hurdles	18.8sec	PB
Long Jump	5.09m	PB
Shot Putt	8.26m	PB
400m	54.6sec	PB
Discus	17.40	PB
High Jump	1.67	
Javelin	25.84m	PB
1500m	4.36.7	PB

Jack now looks forward to the Cross Country this winter in preparation for the 2011 Track & Field season.

13/10/10 NORTHERN X-C RELAYS INC YORKSHIRE VETERANS XC CHAMPS

9th October 2010.

On a bright Saturday at Greaves park Sheffield,

The top 3 teams were Hallamshire but as B & C teams do not qualify for medals but by coming 4th Bingley ladies senior team won

the top 3 teams were Bingley Harriers, Bingley Harriers and Bingley Harriers coming from the Silver medal.

The team consisted of Carly Robertson (13.24), Sue Cariss (15.06) and Jo Buckley (12.40).

The 0/45s won a very well deserved Gold. Andrea Dennison (13.50), Ali Raw (13.11) and Sue Becconsall (13.20)

The Girls recorded the 3 fastest (0/45) times of the day.

The Female fastest time of the day was Nicola Squire, Hallamshire (12.21)

The Men's fastest time of the day was 10.06 by Stockport's Steve Vernon. The senior men finished a credible 9th place with Richard Harris (11.06) Aiden Johnson (11.32), Steve Bailey (11.43) and Steve Broadbent (11.04)

In an incomplete team Ben Marriot ran a very good 11.21.

The vets 0/60 won Gold. Stuart Thompson (13.57), Bryan Parkinson (13.31) and Les Haynes (13.57)

They recorded the 3 fastest times of the day for the 0/60s!

The 0/70s were also victorious, Peter Covey (15.01), John Smithurst (17.17) and Fred Gibbs (14.27)

Again they ran the 3 fastest times (0/70) of the day.

It was always going to be difficult fielding teams on this particular weekend.

The 1st West Yorkshire league XC was to be held the Sunday, Langdale was also on as was Yvva grand prix race.

Full credit needs to go to those who ran and brought the club to a mantle other clubs strive to obtain.

Well done.

Adrian Rushworth

05/10/10 HORSFORTH 10K

Andrea Dennison came 30th and 1st lady home in a field 435 finishers at the Horsforth 10K on 26.9.2010. She was Bingleys 3rd

counter in a time of 40.04 and of course 1st F45.

First Bingley runner was Jon Dawson in 17th place in a time of 38:03, Shaun Jordan was our 2nd counter in 20th 38:35 1st M55, Gary Carty 34th M40 40:13, Gerry Bell 35th position 40.25 2nd M55, Les Haynes had a great run in 39th place 40.34 1st M65 & M60, Oliver Downing 47.33 in 159th place and John Smithurst 50.58 217th.

John Smithurst

28/09/10 - ENGLISH SCHOOLS FELL RUNNING CHAMPIONSHIP



For the third year running the English Schools Fell Running

Championships at Sedbergh were blessed with fine sunny weather.

Several Bingley Harriers Juniors made the trip to represent their schools amongst over 400 runners including some top notch competition

In the Yr 8/9 Boys Emile Cairaess (15/63 in 25.00) and Max Nicoll (40/63 in 28.35), both in Yr 8, had great results against older boys. Likewise Katy Boden (22/62 in 31.42) ran well against the older girls in the Girls Yr 8/9 race. In the Yr 10/11 boys race Gordon Weight (14, 33.55) and Ben Costello (60, 51.03) along with James Hall of Wharfedale (4, 31.19) gained a third place for Bingley Grammar in the team event. Gordon, Ben

& James have run as a team every year improving their team position from 10th (147points), to equal 5th (107), to a fantastic 3rd place (78) this year. Also representing Bingley Grammar, Nicole Narey (Wharfedale) was well placed (18/39, 44.09) in the Yr 10/11 Girls race.

► [Full Results Here](#)

I would fully recommend the event. The location is stunning - Sedbergh School and village with the Howgills as a backdrop and the various race routes on Winder, much of which are visible from the start on one of the school fields. The competition is for schools but individuals can enter, even on the day, to represent their schools. The races, from Yr 7 to Yr 13, are long and tough but not too technical, and well flagged and marshalled. The famous Lakeland fell runner Joss Naylor has supported the races every year. The event is looking for a new location, having been hosted at Sedbergh for the first three years, so if you have any good ideas they would be welcome (see website).

Becky Weight

25/09/10 - GOLD FOR VICTORIA



Victoria Wilkinson took the gold at the British and Irish Mountain Running Senior Home International winning the women's race by a wide margin.

The race took place over an uphill course on the Aonach Mor Mountain in the Nevis Range near Fort William in Scotland.

The first 2.5 kilometres followed forest tracks on a gentle gradient before meeting and heading up the main mountain downhill bike track, a venue used for the World Mountain Biking Championships.

The final climb was up a grassy hillside and by the finish they had climbed 780 metres in a race of just 6.4 kilometres.

Wilkinson has enjoyed a memor-able season on the fells going back to the spring when she won the Inter Counties Championship in Wales and was second in the prestigious Three Peaks Race before winning the European Championship Trial.

If anything her form has got even better latterly with successful outings in the World Long Distance and World Championships before her dominant display in Scotland.

The 32-year old Bingley Harrier, who works in Clitheroe, was singled out for praise by team manager Mark Croasdale after finishing nearly two minutes ahead of Scotland's Tracey Brindley.

With Scotland packing four into the top six, England had to settle for team silver with Olivia Walwyn fourth, Anna Lupton seventh and Emma Clayton ninth.

25/09/10 A RUN IN THE BLACK COUNTRY

My 70th birthday, 9 Sep 2010 was a Thursday. In the afternoon whilst stretching out for something or other my lower back muscles went into spasm leaving me half bent over. Bugger (or words to that effect) I thought and this the day before I'm due to fly out from Austria to run in the British Masters 10km Road Championships! From experience of earlier similar incidents I knew then that it would take about a week before I could walk upright properly and also rise from my seat without strain or stress. Talk about the Ascent of Man! To get up I had to push through the pain barrier of screaming back muscles before managing to get past the crucial body angle when I could slowly (No sudden movements!) clamber upright by dint of hands on knees, then thighs, and finally to a somewhat near vertical posture! Ever the optimist, I reckoned I might be able to run the race after a couple of days rest.

The next day I flew to Birmingham via Brussels and then on to Wolverhampton where the race would take place. I booked in at a Wolverhampton hotel. As I staggered to Reception with bent back and bent baggage I saw the staff giving me and my shambling entrance the once over. It only took a minute to explain that I had strained my lower back and that I could still walk once I was upright. Despite this, when I got to my room I found I was in the special room for the disabled!

Sunday was the day of the run and today was Friday. I decided to look for a good quality running jacket (Gore-Tex). Two friendly policemen directed me to a specialist running store and followed me until I got there. They even came into the store. (I must explain that a. I hadn't shaved for two days and b. In order to save on weight for the flight I had come over dressed in a sloppy old T-shirt, faded green jacket and a pair of ancient tracksuit trousers with beat up Nike shoes on the feet. I realise now how my overall appearance might have persuaded the cops I was a prospective member of the local Cardboard City/ Vagrants Anonymous!) The jacket I wanted was not available so that was that.

Next day still in tracksuit etc., I took the train back to Birmingham to find out which sports store might have it. I was told about a specialist store called 'Snow and Rock' and given directions to it. This meant walking about a km or two uphill. I was walking up the street with nobody to ask if I was going in the right direction when the only person I saw was a dreadlocked Caribbean with tatty clothes. I said 'Scuse me can you tell me if I'm right for Snow and Rock? He replied (and this is not a lie) 'Can't do yer those mon but ah can do ya a bit o' weed'! Obviously it was my general appearance that must have persuaded him I was a brother!

I got to the store and bought the jacket.

So back to the hotel and the prospect of taking two to three minutes to get up in the morning from the big double bed. There was only one incident whilst using the room. Going to the toilet was ok but getting up from the toilet seat was another matter. Trying to do this on Saturday morning I got 'stuck' half way up and to stop myself falling over I grabbed one of the long metal arms by the side of the pan. I thought the arm was stable but it wasn't and it came slamming down to the horizontal causing me to stumble over to that side. By sheer good luck I managed to avoid clutching at the red emergency cord which would have summoned the hotel manager to an emergency in the room.

About the actual race I will gloss over as it was nothing to write home about unfortunately. Suffice to say that I saw Fred Gibbs at the start and then he was gone! He was in a different race I think. I was able to run...just.

Monday morning I was early to rise as I had to get to the airport. The washing bowl was lower than normal but of course just right for somebody in a wheelchair. Humming to myself I leaned forward to shave when...SPASM!

Chris Windle

25/09/10 - REBEKAH TILER



On Saturday 31st July the McCain track and field road show was in Bradford. At the road show there was an opportunity to have a try at different events. The events were standing long jump, vertical jump, sprinting, throwing events and reaction testing. The people at the event were looking for athletes that had great talent. The children that showed exceptional talent were entered into the home grown talent competition with McCain's. Rebekah was one of those children that impressed them with her running, throwing and jumping abilities. She had an opportunity to speak to several England athletics representatives who were Sally Gunnell, Charlene Thomas, Richard Scrachen and Freya Jones from the junior world championships. Rebekah also had a race with Sally Gunnell and was in the telegraph if you go on the website and look at video you will see Rebekah talking to Sally and getting an autograph. Sally was very impressed with Rebekah and she said she reminded her of herself when she was younger and wished her all the best for the future.

► [Video and Article Here](#)

On Sunday 1st August Rebekah represented Bingley Harriers and got second place overall in the under 13 girls York Ingram's league and got a silver trophy.

23/09/10 - CLUB 5K RACE 3

The last of the series saw the largest turnout which hopefully means that it has been a success, thank you for supporting the runs and we will definitely be running similar events in March & September again next year. It also looked as though the chips and sarnies went down well afterwards and great to see so many younger members in the bar (drinking their OJ's!), I would like to carry on in a similar vein over the winter so watch this space for monthly Tuesday night socials and hopefully some form of Winter 5k league, all welcome.

The run itself saw some extremely competitive racing with over 40 runners finishing within two and half minutes of each other which hopefully means I've finally got most of the groups sorted. We have a large number of talented youngsters and they really gave the seniors a run for their money - lets see you all at the cross country races this winter, the first West Yorkshire League Race is on Sunday 10th October in Guiseley, right on our doorstep.

Robin Lawrence was fastest although we nearly had the first lady running the fastest with Victoria Wilkinson only 9 seconds behind, well run both of you.

Did you improve over the series? Can you improve next March? Keep training and racing and you will.

► [Full Results Here](#)

Thank you to Dave Weatherhead, Barbara Carney, Gerry Bell, Kerry Gilchrist, John Capenhurst and Tony Pickles for their help in putting these events on.

Martin Peace

15/09/10 - CLUB 5K RACE 2

A great turnout for the 2nd race in the September series so thank you everyone for making the effort. 45 runners on a breezy night but the course is quite sheltered and we got away with it and I believe everybody ran the correct route for once so thank you to Kerry Gilchrist, Dave Weatherhead and Barbara Carney for marking the middle section of the course, much appreciated.

Andy Brown showed that he can motor when he puts his mind to it and Ruth Whitehead managed to find her way round quickly, fantastic to see so many Juniors and well done to Emille Caires for challenging the seniors far older than himself. A notable run from Ged Callan, well done.

► [Full Results Here](#)

Next Tuesday I will again start the clock at 7pm so please, if possible, can you register before this time as many people turned up only just before their start time. After Race 3 there will be some sandwiches at the Rugby Club and hopefully a few prizes so I hope you can join us.

Thanks to John and Tony again for timekeeping and Gordon Kaye for recording the numbers and putting together the results.

It would be great to hit the 50 mark next week...

Martin Peace

14/09/10 BMAF 10K ROAD RUNNING CHAMPIONSHIP

At Goodrich, Wolverhampton on the 12th September 2010, Fred Gibbs retained his 0/70s 10k road running champion title.

► [Hall of Fame](#)

Adrian Rushworth

11/09/10 - SILVER MEDAL FOR ALY

Congratulations to Aly Raw who has finished with a silver medal in the English Fell Running Championship V45 category Sharon Taylor

07/09/10 - CLUB 5K RACE 1

A really good turnout for the first of the September 5k series given that there was an unfortunate clash with the Pulton Cup, thank you everyone who turned out and I hope you found the slightly amended course to your liking. Hopefully everyone will run the correct route next week. Just to reiterate, the route goes around the outside of Roberts Park (not on the road at any stage) left at the blue railings through the narrow snicket, immediately left and then right out onto the flagged path with the houses on your right. Follow the path up the small hill, down the steps all the way to the end of the coach road at the Bus turning circle, left again and immediately left down the track towards the Rowing club and river bank.

Please do not run on the road out of Roberts Park.

Due to the nights getting darker earlier we will start the clock at 7pm next Tuesday and the time gaps will be shorter so everything will be wrapped up before darkness falls.

See you all and more next week where I hope you beat your times.

► [Full Results Here](#)

I'm planning on putting on Sandwiches after Race 3 on 21st September so please come along to the Rugby Club, you might win a prize!

Martin Peace

07/09/10 - BEN NEVIS

Ian Holmes returned to Ben Nevis in good form this weekend after a few years absence finishing 3rd overall and 1st Vet in a time of 1hr 37 mins. No summit split times are available so it's not clear as to whether Ian was fastest down the 4400ft of descent. Robin Lawrence also put in a good performance to finish in 15th place.

James Senior

07/09/10 - SHELF MOOR

Rob Jebb marked his return from injury at the weekend with a good run at Shelf Moor on Sunday. Rob finished a fine 4th overall in the final English Fell Championship race of the year.

James Senior

07/09/10 - BRADLEY JUNIOR FELL RACES

After two years of torrential rain, the organisers of Bradley's Family Fun day were rewarded with fantastic weather for yesterday's event.

10 of Bingley's finest persuaded their parents to make the trip and we managed to have some blue and white stripes in each of the age categories which was a fantastic sight for me as last year not a single Harrier junior made the event.

As this was a BOFRA race, age categories were a bit different to usual so a few of our runners found themselves running against much older competitors than they were used to.

In the under 9s race, William Moorhouse made his first appearance for Bingley running in his first ever fell race and his efforts were rewarded with a fantastic 9th place out of a big field of 31 runners – very well done William – hope to see you on the hills again soon!

In the under 12s race, our intrepid trio of Alex Stewart, Ben Nicoll and Henry Moorhouse once again ran very well to take 8th, 10th and 12th places respectively with Abigail White coming in just half a minute behind the boys and grabbing the prize for 3rd girl overall.

The under 14s field saw Emile Caires and Max Nicoll battle hard to finish in 5th and 6th places respectively just 17 seconds apart. Katie Boden, who has now done 7 out of 7 of the championship races, was our sole female runner in the Under 14s and she ran well to come home in 10th overall taking the 3rd girl's award – well done Katie.

Finally it was time for Gordon Weight and Joe Wain to take to the field / hill in the Under 17s category. This was great experience for them as they set off with 80 odd other runners as part of the main field and had to tough it out as the pack jostled its way at high speed out of the show field, over the beck and on to the fell. Gordon ran very well, despite having played 90 minutes of football just a couple of hours before the race, to take 5th overall. After his disaster at Burnsall, this time Joe managed to stay upright on the descent and came home in a very creditable 7th place.

All junior finishers were rewarded with a goody bag, the contents of which seemed to disappear far quicker than the time it took to run the race.

Another great day's racing with some fine performances by all. I'm starting to see some real improvement amongst a few of our athletes but more importantly I'm seeing all of them having fun and enjoying being part of the Bingley Team.

Thanks to all for turning out.

► [Full Results Here](#)

The next race is the final one in this year's championship and is a real cracker – 6th November – Shepherds Skyline – Nr Todmorden.

Andy Nicoll

31/08/10 BURNSALL JUNIOR FELL RACES

Burnsall saw a great turnout of 14 Junior Harriers for the annual feast sports races on a warm and sunny afternoon.

The racing was fast and furious and first away were the under 8s where Ben Jones was our sole representative and therefore also our first Harrier home bagging the 10 points.

In the under 10s Alex Stewart again grabbed the first Bingley spot leading home Henry Moorhouse, Reuben Mantle and Oliver Wain who was running for the time in this year's championship. Special mention must go to Henry who, along with his family, woke up in the Isle of Wight on the morning of the race, caught the 8.30 ferry and then drove the length of the country arriving just in time to make the start – true commitment!

Lucy Shutt was once again our only Under 10 girl so scoring maximum points but she ran very well to take 3rd place overall in her category.

Next, the Under 12s and Under 14s ran together and Max Nicoll triumphed in the Under 12 boys taking first place overall in his category beating Louis Holmes son of legendary fell runner Ian into 2nd spot – the chance of this result ever being replicated by their respective fathers is VERY slim indeed!

In the under 12 girls race Katie Boden once again ran very well to take 2nd overall in her category and Abigail White came in shortly after to take 4th place in her category.

In the under 14 boys Emile was once again up against some stiff competition but still came in 7th overall. If anyone's wondering why he's not winning right now it's because his birthday falls just before Christmas so this year he's competing against boys who could be almost 2 years older than him – Emile your time will come! Josh Netherwood put in a brave performance to claim a top 10 position in his category.

At last we have an under 14s girls result to shout about – a BIG well done to Natalie Bennett who was the only under 14 girl at the races and as such grabs 10 valuable points for the Bingley championship – let's hope she can make it to final two races and can also bring some friends along to make it a competition.

Finally it was time for the big boys – Gordon Weight and Joe Wain lined up in the under 16s / 18s alongside some very serious looking competition and the speed they set off at would have put most senior runners to shame. Following a tough climb right to the famous 'wall' the lads then turned and plunged back to the village. Joe, who's more a X-country specialist, ran strongly to the turn but

as he started the descent he took the name 'fell' racing too literally and was forced to retire after suffering a badly twisted ankle. Gordon blasted home to take a very creditable 3rd overall in his category.

Just 2 more races to go in this year's championship and in some categories it's still all to play for. The next one is just around the corner – **Bradley (near Skipton) on the 5th September**. Hope to see you there.

Andy Nicoll

31/08/10 PIKES PEAK ASCENT 2010.

13.32 miles with a 7.182 vertical gain (over 14000 foot)

The world mountain running association (wmra) was set up to find the worlds greatest mountain runners. The championships have been running for 7 years.

For this years long distance championships the Pikes Peak ascent in Colorado was chosen. The winner was Glen Randall in a new course record of 2.09.28. Running for England, Andy Peace was 6th overall, 1st Englishman home and 1st veteran 0/40. His fine performance ensured England won a silver medal.

The ladies race was won by Brandy Erholtz in 2.41.38. Another Bingley harrier selected for England was Victoria Wilkinson (2.48.46) She finished a fine 7th placed lady, 2nd English woman behind Anna Lupton (2.46.36). Sadly there was no third woman to make the team.

31/08/10 WORLDS MASTERS MOUNTAIN RUNNING CHAMPIONSHIPS.

Held at Korbielow, Poland: 28/08/10.

Peter Covey ran a fine 5th place in the 0/70s.

23/08/10 - SARAH BENSON INVITED UKA CHALLENGE FINAL



Sarah Benson the Bingley Harriers record breaking Shot putter, 20 years of age, has been invited to 2 major events both on the same day.

The dilemma is:-

1 - To represent Yorkshire in the Northern Intercouties at Gateshead on Saturday the 28th August. This would be her 1st senior Yorkshire vest.

2 - Invited by UKA to the McCain UKA challenge final at Cardiff on Saturday the 28th August. Sarah was invited to this event because of her performance and ranking throughout the year - top 8 seniors in the country.

Sarah contacted her coach Nigel Bevan Olympic javelin thrower (Barcelona) to discuss which invitation to accept. Sarah has decided that she will be competing in the UKA challenge final against the top UK throwers. First prize £500. This will be Sarah's first high profile invite, she is excited, nervous and is hoping to put in a good performance.

10/08/10 NORTH OF ENGLAND TRACK AND FIELD LEAGUE

Our last league match at Bolton turned out to be a qualifying match for promotion but unfortunately we fell at the last hurdle due to reduced squad numbers, although we were able to welcome new squad members Stephen Broadbent, Mark Teasdale, and returning member Angela Bretheric, all made a significant contribution to a depleted team. Once again we found that facilities in Lancashire were far superior to ours and envied by all of us.

It does seem strange that we suffer from holidays but the winning club Holmfirth managed to fill every event and most of those were good quality athletes, so well done to them, having said that although we had a small squad we also had some very good individual performances with personal bests and the team effort for trying more than normal events was excellent, especially the ladies multi eventers. In the end we came a very credible third place on the day which took us to second place overall in the league and a place in the play off final at Barnsley on 15th of August.

Colin Daniel

10/08/10 SPORTSSHOES UNLIMITED JUNIOR FELL CHAMPIONSHIP RACE 5

Widdop Junior

Recently a few of our more adventurous juniors made the epic journey to Widdop to take part in Calder Valley's Widdop Junior Race. The start is at the Packhorse Inn near Widdop Reservoir which, as the crow flies, is only about 4 miles from Oxenhope but, as the car drives, seems a LONG way away.

Despite the horrendous weather conditions that Bingley was suffering as we all set off, the moors above Hebden Bridge were

thankfully dry and peaceful and remained so throughout the race despite some rather exciting looking flashes of lightning on the horizon.

Full Results can be found on the CVFR website but in summary, Emile Caisse was 4th in the under 14 category where he was up against some very talented and 'much' older boys, Max Nicoll was 7th in the under 12s closely followed by Katy Boden in 9th and Alex Stewart ran strongly as ever in the under 10s to take 6th place with Henry Moorhouse and Lucy Shutt hot on his heels.

Very well done to you all and thanks again to the parents for their taxi services.

Next race in the championship is Burnsall on the 21st August – Google Burnsall Feast Sports for full details.

Andy Nicoll

10/08/10 SPORTSSHOES UNLIMITED JUNIOR FELL CHAMPIONSHIP RACE 4

Reservoir Bogs

Not many Bingley Juniors made the trip to 'the Bogs' but those that did put in some fine performances.

In the under 10s Alex Stewart came home in 2nd place less than a minute behind the winner and Henry Moorhouse was hot on his heels in 5th.

In the under 12s we had just one runner Katy Boden who performed brilliantly to come home in second place.

Star performance once again goes to Emile Caisse who won the under 14 category in a great time of 14 mins 22 secs.

Well done to all.
Andy Nicoll

26/07/10 - ITU WORLD TRIATHLON SERIES, HYDE PARK

Jonathan Brownlee had the race of his life in the ITU Elite World Triathlon series, picking up the Silver medal behind Javier Gomez of Spain and convincingly out running Olympic Champion Jan Frodeno of Germany into third place. Elder brother, and defending World Champion, Alistair was in contention for a medal until the final 300 metres but was obviously utterly exhausted crossing the line in 10th place.

26/07/10 - 10 IN 100 CUP

British Athletics League 10 in 100 Cup Match, Blackpool 24th July 2010

For the 3rd time in 4 years the Bingley Harriers Ladies team have earned their place in the BAL Cup Final to be held in London in September. The Bingley Men's team are awaiting the result of a paper match against the other clubs that came 3rd in their matches from around the UK.

The 10 in 100 competition is a brilliant concept in that 10 events are contested in 100 minutes followed by a medley relay. The Men's and Women's teams are scored separately and not together as in the usual Northern League practice.

First places for the Ladies team were Chloe Holden-Wilson in the 800m, Sarah Jarvis in the 3k, Emma Jones in the Javelin and Jessica Mayho in the hammer. The quartet of Kerisa Bogle, Arianna Zenti, Chloe Holden-Wilson and Joanne Oates had an outstanding victory in the Medley Relay beating Division One club Blackpool in convincing style.

The men's team had wins in the 200m with inform Demetric Nelson and Oliver Robinson who was competing in the sprint hurdles rather than his usual 400m Hurdles had a very impressive race.

Bingley are now looking forward to their return visit to the capital.

Christine Oates

20/07/10 - HOLME MOSS FELL RACE

English and Yorkshire championships.

Bingley Harriers had the winner of the Yorkshire ladies fell champion with Ali Raw. In winning the Yorkshires she also became the first vet to ever take the trophy. In the race itself she had a superb run, taking many classy scalps in the process to finish first F0/40 and 5th overall in the ladies.

In the men's race, Andy Jebb was first harrier home in a very credible 27th place. This in just his 3rd year of racing/running. He was closely followed by Ged Callan who is in his 2nd year of running/racing. This was a learning experience of long races for Ged but he did himself and the club credit with a good run.

Mike Smith was next closely followed by Mark Latham. These two have been having some good battles this year and as this was also a club championship race the points were well earned.

Well done all and behalf of the club, thank you.
Adrian Rushworth

10/07/10 - EUROPEAN MOUNTAIN RUNNING CHAMPIONSHIPS

held in Bulgaria 04/07/10.

Great Britain was represented by two Bingley Harriers. Victoria Wilkinson ran 41.10 to finish in a very credible 10th, a mere 57 seconds behind the winner Marie Dumergues (39.13) of France. Mary Wilkinson, not to be out done, ran a very strong race to finish 14th place (41.34).

Their terrific performances gave them 1st and 2nd in the G.B. team, which finished 5th overall. Looking at the times you can see just how close a race it was.

Well done Vic and Mary.
Adrian Rushworth

10/07/10 - JUNIOR CROSS COUNTRY AWARDS 2009-2010

There are two sets of awards for Junior Cross Country: the first set is based on the number of points scored in a specific number of open events (West Yorkshire League, Yorkshire Clubs, Northern Clubs and National); the second set of awards are chosen by the Team Manager, in consultation with the other Junior Coaches.

Next season we shall be including the PECO League results in the scoring system, and we hope that this may encourage more of our younger runners to take part.

This year's results were as follows:

Under 11 Girls

1. Olivia Roper
2. Anna Whitehead
3. Sophie Convery

Under 11 Boys

1. Ben Nichol
2. Nathan Allan

3. Jack Illingworth

Under 13 Girls

1. Stacey Rooke
2. Katie Boden
3. Rebecca Stevens

Under 13 Boys

1. Emile Cairaess
2. Max Nichol
3. Nathaniel Keidan

Under 15 Girls

1. Natalie Brown
2. Jenna Killock
3. Jasmine Hargreaves

Under 15 Boys

1. Thomas Potter
2. Joe Wain
3. James Fardy

Under 17 Girls

1. Carly Robertson

Under 17 Boys

1. Ben Marriott
2. Jack Thorp

Under 20 Women

1. Holly Craig

Under 20 Men

1. Thomas Crowley
2. Jonathan Brownlee

The second set of awards was as follows:

1st Boy Emile Cairaess
 1st Girl Olivia Roper
 Most Improved Jack Illingworth
 Team Contribution Joe Wain

These awards were unanimously agreed upon by David, Graham and me, though we are well aware of the great contribution made by other juniors : their turn will come!

Training numbers have been very pleasing and we now have two main aims for next season. Firstly, we want to see more and more juniors joining the Club, and secondly, to see more and more of you entering for races : let's swamp the starting line with blue and white hoops!

Tony Kingham

08/07/10 TRACK AND FIELD LEAGUE, 4-7-10

Quite often the performances at a track and field competition are dictated by the weather. Too cold and the sprinters don't like it, too warm and the middle distance athletes start to overheat, too wet and the field events become even more difficult to perform than normal, but swirling winds effect all athletes the same. And so it was on Sunday at Cleckheaton for the 3rd North of England Senior League match, blustery swirling winds look set to spoil performances for all.

Both the mens and ladies teams saw various changes from the previous 2 rounds which had seen the Bingley team sneaking victory against West Yorkshire rivals Holmfirth Harriers, and come into the match topping the league.

Sundays teams were effected by the usual absenteeism through ill timed holidays, illness and injury, yet with the usual team mentality and a little encouragement from coaches, team managers and team mates virtually all the places in the team were filled.

Despite expectations of wind affected performances, individuals did well against seasons and life time bests. There were some personal triumphs against adversity, and a return to competition for some we thought would not compete in Bingley colours again. The results are attached and as per the last report this event is more about the collective performance of the team than that of individuals, however within the final event of the afternoon came perhaps the most surprising of results, and was truly a reflection of what the Bingley team is all about.

It is not ideal to have your 5000m runner in the 4 x 400m team, yet that was the proposition made to Stuart MacDonald, shortly after he finished the 5km, as without him there was no team. Whilst the result of the race was somewhat inevitable Stuart managed to over achieve his expectations by 6 seconds on his leg, proving to himself, and perhaps us all, that there is always the potential to succeed if we put ourselves into a position where success is possible.

Bingley eventually came second to Holmfirth leaving us ahead by one league point, however due to the margin of their victory Holmfirth are ahead on match points (the equivalent of goal difference). In order to win the league we must beat Holmfirth in the final match of the season on Saturday 31st July. Check out the results of your event in the last few matches and if you think you can help

the team, contact either Colin Daniel (01274 581855) or Christine Oates (01274 416286) to offer your services. If we all put together, as a team, we can secure maximum points and top the league.

Colin Daniel

► [Full Results Here](#)

08/07/10 DANEFIELD RELAY

Bingley put in several teams at the recent Danefield Relay.

The ladies team of Pauline Munro (21.07), Ruth Whitehead (23.10) and Ali Raw (22.41) were the first ladies home and 19th Overall.

The mens 'A' team of Jamie Robinson (19.08), Robin Lawrence (20.39) and Andrew Jebb (20.45) finished in 8th Place overall.

The mens 'B' team came home 21st (D Stephenson, P Knight, S Firth), the 'Belles' ladies team (M Carrera, M Green, M Clarke) 32nd overall, the over 60s team (I Goodyear, B Dover, B Duncan) were 36th, the 'Babes' ladies team (L Spencer, F Faith, A Marks) 45th and the mixed team (H Gregory, L Kennedy, G Kaye) 48th.

28/06/10 - OLIVER BREAKS CLUB RECORD

Oliver Robinson set a new lifetime best and his own Bingley Harriers record in the 400m Hurdles at the Aviva UKA European Trials at the weekend.

Conditions were just about perfect on Saturday at Birmingham's Alexander Stadium.

Running from lane 7 in heat 4 of a very competitive event Oliver was able to hold his nerve against international representatives to run 52.75 seconds. Oliver is set to have another crack at his record at the Senior league match on Sunday the 4th July before heading to the English National Championships in Gateshead on 17th and 18th July.

► [See all the club Records here](#)

28/06/10 - ENNERDALE HORSESHOE FELL RACE

(23 miles, 7500ft)

Rob Jebb once again put in a fantastic performance to win the Ennerdale Horseshoe last Saturday. This year's race was an English Fell Championship counter so the competition was very strong, but Rob beat off the best to continue his dominance over the longer distance races. His winning time was 3 hrs 34 minutes.

Ian Holmes was also in fantastic form finishing third overall, 7 minutes behind Rob.

Well done to both.

James Senior

21/06/10 - INTERNATIONAL REPRESENTATIVES

Victoria and Mary Wilkinson have been selected to represent Great Britain at the European Mountain Running championships to be held in Bulgaria on 4th July. Our congratulations and best wishes to both of them.

► [See all the clubs International Representatives here](#)

21/06/10 - NORTH OF ENGLAND SENIOR LEAGUE - TAKE 2

Match 2 of the 2010 North of England Senior League took place recently at Trafford, with the Bingley Team in good spirits having won the first league match.

I mention the team spirit because it is recognised within Our team that personal performances are only a part of the day, and team results are at the forefront of everyone's mind.

It is well documented that when managing the National Team, Frank Dick O.B.E. once addressed the squad prior to the European Cup Final with a speech about making a difference as a team in a sport for individuals. On paper the team could not win, based on current performances. In order to achieve victory as a team it was up to the athletes to gain 14 more points than they "should do on paper". He pointed out that coming 7th instead of 8th was just as important as coming 1st instead of 2nd. Suitably motivated the team went on to be victorious in the 1989 European Cup Final.

Within our team such speeches are not needed, as it is taken for granted that filling in an event where possible (without risking injury) is what team members expect from themselves and each other.

This spirit was never more evident than on Saturday. Athletes (and even a coach) took to the track and the field to fill in blanks on the team sheet. The end result was another victory for the Bingley team. The margin of victory was only 8.5 points, from Holmfirth Harriers, illustrating how important everyone's efforts were.

In a report where the theme is team achievement rather than personal achievement, it seems wrong to highlight individual performances. [Here are the results](#), well done to all the athletes who achieved personal bests, and a big thanks to the Bingley team officials without whom we could not have won the match.

The next event is on the Sunday 4th July. As ever the Team Mangers will be working hard to put together the strongest team possible. If you want to be a part of your clubs success then get in touch with either Colin Daniel (01274 581855) or Christine Oates (01274 416286).

Colin Daniel

21/06/10 - NATIONAL YOUNG ATHLETES LEAGUE

Bingley Harriers Junior Track and Field Team made the most of the excellent conditions and superb facilities at the Robin Park Arena in Wigan coming second in Round 3 of the National Young Athletes League match on Sunday.

Sprinters Rebeka Tyler, Amy Pollard, Sam Alan, Sam Afari, Holly Postlethwaite, Mark Charlseworth and Demetric Nelson all ran personal bests.

For Demetric it was the third personal best in 3 races over 200m. After winning a silver medal at the recent under 17 North of

England Championships, in 22.75, Nelson went on to win the West Yorkshire Schools title in 22.67 the week after. He was subsequently picked to represent West Yorkshire at the English Schools at the National Schools Championships in Birmingham on the 9th / 10th July. This weekend Demetric ran 22.6 seconds which ranks him 19th in the country for his age group. After the race Demetric assured his coach "I can go faster", he is now looking forward to one more outing for the Bingley Senior team on the 4th of July before heading down to Birmingham with the rest of the West Yorkshire team to race in the National Championships. Other Bingley athletes representing West Yorkshire are Carly Robertson (1500m), Jessica Mayho (Hammer), Adanna Okeahialam (Hammer), and Andrew Russell (Pole Vault).
Keith Daniel

09/06/10 - NORTHERN VETS 10K CHAMPIONSHIPS

At the recent Northern vets 10k championships Fred Gibbs 1st over 70 and Peter Covey 2nd over 70
Adrian Rushworth

07/06/10 - NORTH OF ENGLAND TRACK AND FIELD LEAGUE

Bingley Harriers Senior Track & Field Team enjoyed another league win in their match at Trafford on Saturday 5th June. Despite many regulars not being available due to holidays and other commitments the team came away with a well earned victory. 'A' string victories came in the 100m for Demetric Nelson, Oliver Robinson completing a Long and Sprint hurdles double. Nic Oliver,s brother won the Pole Vault, Jason Scott won the Hammer and Larry Animshaun won the Long Jump in a personal best of 6.16m. The Ladies had winning performances for Kerisha Bogle in the 200m with a personal best of 25.9. Jo Bullock won the Long Jump and Amy Howard won both the Hammer and Discus events. It was a very close match with the final result being as follows.

1st	Bingley	403
2nd	Holmfirth	394.5
3rd	Bolton	383.5
4th	Spensborough	284
5th	Rosendale	280
6th	Lancaster, Morecambe/Kendal	266

This leaves Bingley in Pole position overall and we are looking forward to the next match at Cleckheaton on 4th July.

The Bingley Young Athletes League team of Boys and Girls is also enjoying a flying start with 2 wins out of 2 in the newly formatted League (Change to cut down on travel!) The first match was Carlisle!! And the last match is Ellesmere port!. The second fixture was a bit nearer to home at Wakefield and the next one is on Sunday 20th June at Wigan. The team has won the first 2 matches although the next fixtures do look to be tough cookies. Bingley does have a shortage of Under 13 Boys wanting to do Track & Field so if anyone is interested in strengthening our team please contact Alan or Christine Oates on 01274 416286

07/06/10 - YORKSHIRE VETS 5 MILE CHAMPIONSHIPS

Bingley once again to the fore in the Yorkshire 5 mile road championships.

Held at Haworth on 03/06/10.

In the race overall Tim Midgley was 2nd.

The Yorkshire 0/40s 5 mile champion is Stuart Macdonald. (5th overall)

The Yorkshire 0/55s champion is Peter Pyrah.

The Yorkshire 0/60s champion is Bryan Parkinson.

The Yorkshire 0/65s champion is Bob Dover.

The Yorkshire ladies 0/55s champion is Sue Becconsall.

Silver medals were gained by Stephen Bailey (0/35s)

Gerry Bell (0/55s)

Oliver Downing (0/65)

Marisol Carrera (f/v 0/40)

A bronze was obtained by Mary Green (f/v 0/50)

Good runs on the night from Mark Westman, Michael Long and Sean Thompson.

Well done.

Adrian Rushworth

07/06/10 - VICTORIA WILKINSON PROVES HOT STUFF

Endurance proved the key factor as Bingley Harrier Victoria Wilkinson ran to individual and team glory last Saturday in North Wales. The Hebden-born athlete was competing in the Lletty Fell Race at Llangynhafal in Denbighshire, which incorporated not only the Inter-Counties Fell Running Championships but also the first round of a new Mountain Running Series sponsored by McCains.

The testing nine-mile circuit consisted of a total of 3000 feet of climbing, and Skipton Financial Services-backed Wilkinson won in 1hr 25min 53sec, a minute ahead of Cumbria's Pippa Maddams, who was five seconds in front of Cheshire's Olivia Walwyn.

Fourth-placed Sula Young (Scotland East), who clocked 1:27.34, also broke the previous women's record, despite the hot conditions. With Emma Clayton (Horwich) 12th in 1:34.24 and Jo Waites (Calder Valley) 13th in 1:34.28, Yorkshire won the team title with 26 points, ahead of Greater Manchester (37) and Scotland East (44).

07/06/10 - JURA FELL RACE

Bingley's fell runners once again made it a successful raid north of the border at last weekend's Jura Fell race. This is certainly one of the roughest 13 miles in the fell calendar followed by 3 miles of straight road back to the finish.

Rob Jebb showed his class over the longer distance by storming to victory in a winning time of 3 hrs 28 mins. 2009 winner Ian Holmes also had a great run to finish 2nd behind Rob in a time of 3 hrs 34 mins. Another former winner Robin Lawrence made it three Bingley runners inside the top ten, coming home in 3 hrs 50 mins. Andrew Jebb also had a terrific run, knocking 50 minutes off last year's time, to finish in 24th place in just over 4 hours.

Bingley deservedly won the 1st team prize. Well done lads.
James Senior

07/06/10 - BMAF TRACK CHAMPIONSHIPS

At Oxford BMAF track championships Fred Gibbs won the 0/70s 10,000 mts track title

► [See all the club champions here](#)

28/05/2010 - BADGERSTONE RELAY

Two Bingley junior teams were amongst the 51 teams at the new format Badgerstone Relay at Ilkley. Running from behind the Whitewells cafe the junior relay was a 2 mile leg followed by 2 one mile legs running alongside the open relay which was 3 two mile legs.

The two teams, the Bingley Bottoms and the Bingley Tops, both with two 10 year olds in, came 5th and 6th respectively out of the 14 teams running the junior course. Bingley Bottoms were the second Junior boys team while the Tops were the 3rd mixed team. Brilliant results against older junior teams and and even more scope for better results if Gordon hadn't turned his foot, Ben C hadn't had to stop to tie his laces and Olivia hadn't had to look after her Mum on her leg (sorry Anne-Marie! - thanks for bringing Olivia)

The teams and times are as follows:

Bingley Bottoms

Leg 1 (2M) 51 teams Ben Costello (13) 34 / 20.44 / 20.44

Leg 2 (1M) 14 teams Ben Nicoll (10) 6 / 30.19 / 9.35

Leg 3 (1M) 14 teams Alex Stewart (10) 5 / 39.52 / 9.33

Bingley Tops

Leg 1 (2M) 51 teams Gordon Weight (14) 11 / 16.23 / 16.23

Leg 2 (1M) 14 teams James Wood (10) 3 / 29.28 / 13.05

Leg 3 (1M) 14 teams Olivia Roper (10) 6 / 40.03 / 10.35

Well done everyone. Full results, including several Bingley seniors, can be found on www.ilkleyharriers.co.uk
Becky Weight

22/05/10 - BMAF RELAYS

The national Open Masters road relay championships at Sutton park Birmingham.

Bingley won the 0/70s relay with Fred Gibbs recording the fastest time, with Pete Covey second fastest.

The 0/35s ladies ran a solid bronze medal with Sarah Jarvis recording the 2nd fastest time.

The 0/40s ladies were 4th with Ali Raw recording the 3rd fastest time.

The 0/60s men were 7th.

The 0/50s men were 16th.

The 0/40s had Marc Teasey record the fastest time of all Bingley Harriers but sadly there was an incomplete team to take advantage of his good run.

Full report to follow in the forthcoming vet's newsletter.

Men won the 0/70s

Peter Covey 20.18(2ND FASTEST)

John Smithurst 21.56

Fred Gibbs 19.55(FATEST)

0/60s 7th

Mike Smith 18.34

Bryan Parkinson 18.36

Les Haynes 19.05

0/50s 16th

Shaune Jordan 17.19

Pete Pyrah 16.50

Mark Westman 19.34

Gerry Bell 18.51

Carey Gray 18.28

Roy Bailey 17.59

0/40s

The fastest time out of every one, Marc Teasey in 16.41

No team to back him up.

Ladies 0/35 3rd

Andrea Dennison 18.46

Ruth Whitehead 18.53
Sara Jarvis 16.57(2nd fastest)
Sue Becconsall 18.37

Ladies 0/45

Alison Marks 20.50
Sue Cariss 19.48
Ali Raw 18.29(3rd fastest)

17/05/10 JACK BLOOR FELL RACE, ILKLEY

Bingley's junior fell runners were racing again this week at the Jack Bloor Fell Race in Ilkley.

The fast and furious races all took place on the moor side below Whitewells and thankfully the fine weather held out at least until the prize giving.

In the 8-9 year olds race we had 4 Harriers and new member Alex Stewart missed out on top spot by just 5 seconds. Next home was Ben Nicoll, just 4 seconds behind Alex, then Henry Moorhouse sprinted across the line closely followed by Reuben Mantle who came home in a very creditable 17th place.

The very well attended 10-13 age group saw the runners climb all the way from the start field to the bottom of the rocky staircase on Ilkley Moor before turning and making a mad dash back to the finish. Max Nicoll had a solid run to come home in 21st place followed by James Wood in 31st place.

All runners were given a voucher for a free smoothie from a new café in Ilkley and the medals awarded to the first three runners in each category were edible! Alex's 2nd place medal lasted about 5 seconds as it quickly disappeared down the throats of his waiting pals leaving him with nothing but a string!

17/05/10 - YORKSHIRE CHAMPIONSHIPS 2010

26 athletes from Bingley made the journey to Sheffield at the weekend to take part in the 2010 Yorkshire Track and Field Championships. The club was well represented across all age and event groups over the two days of competition.

The cold, windy weather on both days did not stop some excellent performances that led to personal bests and medals being won. Notable performances included Stacey Rooke winning the under 13 girl's long jump, Stacey jumped 3m 96, just 6 cm short of her life time best. Demetric Nelson took gold on a photo finish in the under 17 men's 200m in a time of 22.8 seconds which qualifies him for the National Championships in August. Lee Athersmith won the senior men's 3000m steeplechase by a considerably larger margin coming home 29 seconds ahead of the second place runner in a time of 10:07.73. There was double success for Bingley in the under 20 men's 1500m, Tom Crowley won in a time of 4:04.66, he was followed home by Ben Marriot who continued his fantastic start to the season improving his personal best for the 3rd time in 3 races. Ben finished in 4:05.80 in a close battle for second place, 0.04 seconds ahead of Michael Wood of Leeds City.

Well done to all those who took part this weekend, good luck for the rest of this season and beyond.

Bingley Harriers representatives at the 2010 Yorkshire Track and Field Championships:

Nicholas Robinson senior men's Pole vault 3.60m
Andrew Russell under 15 boys High jump 1.50m, under 15 boys Pole vault 2.70m, under 15 boys 80m hurdles 14.88s.
Adanna Okeahialam under 20 women's hammer 40.52m
Sarah Benson senior women's shot put 12.36m, senior women's discus 34.00m
Rebekah Tiler under 13 girl's shot putt 6.27m, under 13 girls 80m 11.95s, under 13 girl's long jump 3.60m
Jenny Russell under 13 girl's shot putt 5.57m
Stacey Rooke under 13 girl's long jump 3.96m
Olamrewajan Animashaun Senior Men's Long Jump 5.87m
Jo Bullock under 20s women long jump 4.98m, under 20 women 400m hurdles 71.88s
Phillipa Medley under 20 women 400m hurdles 82.01s
Harrison Foster Senior Men's 100m 11.53s, Senior Men's 200m 23.49s
Demetric Nelson under 17 men 100m 11.85s, under 17 men 200m 22.80s
Lily Dook under 15 girl's 800m 2:51.82
Elliot Turner under 13 boys 100m 14.00s
Holly Craig under 20 women's 800m 2:44.05
Lee Athersmith Senior Men's 3000m Steeplechase 10:07.73
Tod Barnbrook under 15 boys 100m 14.99s
Abigail White under 13 girl's 80m 13.51s
Thomas Crowley under 20 men's 1500m 4:04.66
Ben Marriott under 20 men's 1500m 4:05.80
Abigail White under 13 girl's 800m girls 3:07.14
Chloe Holden-Wilson under 17 women's 800m 2:33.18
Keir Barnbrook under 17 men's 400m 61.22s
Carly Robertson under 20 women's 1500m 4:50.83
Oliver Robinson Senior Men's 400m hurdles 54.76s
Jack Thorp under 17 men's 800m 2:04.57

17/05/10 - CONISTON FELL RACE

Ian Holmes showed the cream of English fell running how it's done with a remarkable 9th victory at the Coniston Fell Race on Saturday. The win should not be underestimated given the quality of the field for this, the second English Fell Championship counter of the year. Ian's descending skills came to the fore on the long final descent overtaking a good number of his rivals to run out the winner by 24 seconds. Congratulations to Ian. Rob Jebb finished just under a minute behind Ian, coming home in 5th place.

09/05/10 SPORTSSHOES UNLIMITED JUNIOR FELL CHAMPIONSHIP RACE 3

03/05/10 Coiners Fell Race - Mytholmroyd

15 BH juniors made the trip to Coiners for the 3rd race in our 2010 championship.

The weather was perfect for running, clear, dry, no wind and not too warm and Alastair Whitelaw and his team at Calder Valley Fell Runners put on a great day's racing.

The races were all held on the fell side above Mytholmroyd and all classes faced a steep climb straight from the start which really proved challenging.

First away were the Under 8s and 25 keen young guns lined up for a mad 0,3 mile dash around the fell side taking in 150ft of climb. First home for Bingley was Ben Jones in 3.37 followed by the ever present Jack Colwell in 4.47. Poor old Beau Lawrence who was looking raring to go before the race didn't manage to finish this one but I'm sure she'll back next time to grab more points in the U8 girls championship.

Then it was the turn of the Under 10s and what a turn out we had in this race. Last year Bingley only had 2 runners across all the age groups at Coiners and this year we fielded 7 runners in this one class alone. More than that, we managed to put 3 runners in the top 11 so if there had have been a team prize we'd have romped home.

Alex Stewart came home in a fantastic 6th place just a minute behind the leader followed by Ben Nicoll, Henry Moorhouse, Jack Illingworth, Reuben Mantle (in his first ever fell race), Harry Colwell and Lucy Shutt.

Next up were the Under 12s where 5 Bingley Juniors did battle with a long and steep 1.9 mile course. First back was Max Nicoll followed by James Wood (again doing brilliantly in his first fell race), Katy Boden, Josh Netherwood and Abigail White.

Unfortunately, this is where our juniors finished as we didn't manage to field any older runners in the Under 14 or Under 16 categories – full results can be found here : -<http://www.cvfr.co.uk/Juniors/Races/Coiners/Results/jnrcoiners2010.htm>

A brilliant day's racing and some superb results from both new and regular athletes.

Well done to all – next stop **Reservoir Bogs on the 19th June for Race 4.**

09/05/10 YORKSHIRE VETS 5K CHAMPIONSHIPS

May 5th Escholt

A good turnout for the club.

Tim Midgley won the open race,

Chris Edwin 2nd.

Stewart Macdonald was 2nd 0/40

Steve Bailey 1st 0/35

Shaune Jordon 2nd 0/55

Sue Becconsall won the f/0/50

Brian Parkinson won the 0/60s

Mike Smith won the 0/65s

Les Haynes 2nd 0/65

Bob Dover 3rd 0/65s

Fred Gibbs 1st 0/70s

Peter Covey 2nd 0/70

John Smithurst 3rd 0/70s

Marisol Carrera 4th F.0/40

[More results here](#)

04/05/10 NORTH OF ENGLAND TRACK AND FIELD LEAGUE DIV 2WC

Halifax 01-05-2010

The start of the Track & Field season always begins with the thought that winter training is over now lets see what we can achieve, well the team managers were certainly pleased with both the turn out and effort from both the men`s and women`s team which produced the first match win of the season. As usual we had a fine blend of youth and experience through all events, we were pleased to welcome the following new members to our squad,

Martin Peace 5K, Chris Edwin 5K,

Richard Dawson, Javelin,

Matthew Walker u17 400m PB,

Demetric Nelson u17 11.4 sec 100m & 23.0 sec 200m PB.

Also achieving PB's were Harrison Foster 100m, 11.1 sec, Jack Thorp u17 800m 2.04. and HJ, Ben Marriot u20 1500m 4.10, Larry Animashaun Javelin & LJ,

The Bingley Senior Ladies Track & Field team were out in large numbers for this opening fixture of the season despite it being the British Universities Championships in Bedford and also a bank holiday weekend. The long jump was the first field event with Jo Bullock and Pip Medley winning both A&B strings. The first track event was the 400m Hurdles won by Joanne Oates in the A and Jo Bullock in action again winning the B string. We welcomed debutants Kerisha Bogle and Chloe Holden-Wilson who applied themselves to the senior team in style. Also back in the team after a long break is Ruth Calvert the Club Heptathlon record holder who now lives in Derbyshire. Ruth was an ever present athlete in our team when the Ladies were first invited into the League almost 18 years ago! Ruth won the B string High Jump and was 3rd in the Javelin. Personal best performances were achieved by our two 3k runners in Andrea Dennison and fresh from the London Marathon Sarah Callaghan

runners in Andrea Bennison and fresh from the London Marathon Sarah Callaghan.

The blend of experience and youth has worked exceptionally well culminating in wins in both the 4 x 100m and the 4 x400 Men's teams. The Ladies were 2nd in their respective relays

Together with the Men's results Bingley won the match by over 9 points.

The overall result was 1st Bingley 388, 2nd Holmfirth 379, 3rd Bolton 365, 4th Spenborough 285, 5th Lancaster/Morecambe 249, 6th Rosendale 215.

This must have been one of our fullest teams for a long time with 15 men and 17 women taking part and certainly helped to produce the win.

Congratulations to all who took part and particularly to our full contingent of officials including a time keeper, thank you John we hope you enjoyed sitting in the cold, and look forward to seeing you all at future events. The next match in Div 2WC is at Trafford on 5th June.

Colin Daniel & Christine Oates

04/05/10 BUNNY RUN SERIES

Tuesday night saw the fourth and final individual race of the hugely popular Bunny run series. Organiser Dave Woodhead stated that this year has been the most successful series ever in its 18 year history. These races have always been well supported by Bingley and no more so than this year. It's been great to see so many Harriers, young and old, battling it out each week. It's also been a rather successful series for Bingley....

...Notable highlights included Ian Holmes cruising to victory in the opening two races. Chris Edwin's superb 4th and 2nd place in the last two races, taking 2nd place overall in the individual series. Tim Midgley's consistent top 3 placings. Fantastic performances from U18's Lewis Wright and Jack Thorp. Jack Thorp winning the 'egg stage' in race 4, just 2 seconds outside the record! Martin Peace's victories in the V40 category and top vet in the overall standings. Vet 60, Vet 70 and FV60 records sent tumbling by Brian Parkinson, Peter Covey and Margaret Jagan respectively. Bingley's men taking 1st team for races 1, 2 & 3... Let's just leave it there by saying that Bingley ended up taking home a lot of chocolate eggs over the last month!

Thanks again to all who turned up to run and support Bingley. Well done and hopefully see you at the Bunny Run Relay next Tuesday.

James Senior

28/04/10 - MASCOT GOLD CUP 2010

The Bingley Harriers junior mascot finished second to the Wokon Noodle Box, from Leeds who won the Mascot Gold Cup for the second time. Young Oliver was most concerned that Noodle Box had fiddled his handicap to gain an unfair advantage, however charity was the winner on the day with Hound Dogs £50 prize money going to the Sue Ryder Trust.

Fifty one cuddly characters assembled for this event sponsored by Foresters at Wetherby Races on Sunday. The race was, as always a huge hit with the race day crowd and raised approximately £15,000 for charity with the lions share going to National Healthcare charity, Sue Ryder Care who co-organise the event with Yorkshire Young Farmers

The giant noodle box won the event in 2008 and after a disappointing third place in last year's race, outclassed the field this time out beating Hound Dog from Bingley Harriers into second and the Whitaker's Animal Feeds Spud into third. Worth Valley Young Farmers' Brigadon the Traitor Dog' managed to avoid fallers 'Yorkshire Tea Biscuit' and 'Amy Winehorse' to be placed fourth.

► [Video Footage via YouTube](#)

27/04/2010 THREE PEAKS

27 Bingley Harriers started the 56th Three Peaks fell race.

Well done to all who took part, on a day which turned out to be a scorcher! Especially well done to Andy Nicol and Steve Fry who started out at 2am and finally completed their 3rd lap of the 3 peaks race route at 12:15am the following day - what an achievement!

No.	Name	Cat	Checkpoint	Time of Day	Elapsed
202	Robin Lawrence	M	Finish	13:21:33	03:21:33
205	Paul Mitchell	MV40	Finish	13:27:38	03:27:38
204	Tim Midgley	M	Finish	13:30:04	03:30:04
27	Victoria Wilkinson	F	Finish	13:37:58	03:37:58
211	Richard Scott	MV40	Finish	13:53:08	03:53:08
199	Andrew Jebb	M	Finish	13:57:36	03:57:36
21	Aly Raw	FV40	Finish	14:03:37	04:03:37
26	Ruth Whitehead	F	Finish	14:07:05	04:07:05
20	Pauline Munro	FV40	Finish	14:12:53	04:12:53
214	Dave Stephenson	MV40	Finish	14:15:58	04:15:58
195	Chris Gibbins	M	Finish	14:22:58	04:22:58
210	Mike Scott	MV40	Finish	14:28:07	04:28:07
201	Philip Knight	MV40	Finish	14:28:55	04:28:55
217	Alan Wright	MV40	Finish	14:30:04	04:30:04
17	Amanda Clarke	FV40	Finish	14:32:28	04:32:28
198	Matt Hannam	MV40	Finish	14:39:33	04:39:33
24	Sharron Smith	F	Finish	14:51:29	04:51:29
193	Stephen Firth	M	Finish	15:07:12	05:07:12
215	Robert Webb	MV40	Finish	15:15:00	05:15:00
194	Stephen Fry	MV40	Finish	15:40:50	05:40:50
206	Andrew Nicoll	MV40	Finish	15:40:50	05:40:50

Martin Peace

26/04/10 LONDON MARATHON

Congratulations to the members who completed the London Marathon on Sunday, a great event and well worth all the effort over the past few months. The results are below, Richard Balshaw led the Harriers home and achieved his goal of sub 3 hours, well done Richard.

Richard Balshaw - 2.56.47
 Waheed Khan - 3.15.05
 Oliver Downing - 3.29.06
 Maria Carrera Viva Sol - 3.46.47
 Sarah Callaghan - 4.01.25
 Claire Jones - 4.17
 Gillian Fletcher - 4.43.15
 Sally Robinson - 4.43

We look forward to hearing your stories at the club on Thursday 29th after training.

Martin Peace

12/04/10 BUNNY RUN 1

With a record 313 runners starting, 26 Bingley Harriers set off in the first Bunny Run of the year well done to all that took part especially Ian Holmes (again) who won his 28th Bunny Run. Also well done to old man Peace for being first Vet (although he wasn't there to collect his "mountain" of chocolate) along with Tim Midgeley 3rd, Bingley took the team prize, I've got your Easter Eggs in the back of my car lads! Peter Covey also smashed the V70 record.

Bingley Harriers results as follows:

Pos	Name	Cat	Club	Time	Vest No.
1	IAN HOLMES	V40	BINGLEY	15.41	142
3	TIM MIDGELEY		BINGLEY	16.15	16
5	MARTIN PEACE	V40	BINGLEY	16.52	97
8	JACK THROUP	U16	BINGLEY	17.24	302
13	CHRIS EDWIN		BINGLEY	17.40	215
21	ROBIN LAWRENCE		BINGLEY	18.08	290
22	ANDY NICHOLL	V40	BINGLEY	18.12	284
45	SEAN THOMPSON	V40	BINGLEY	19.22	178
46	GORDON WEIGHT	U16	BINGLEY	19.28	130
75	BRYAN PARKINSON	V60	BINGLEY	20.32	214
78	RUTH WHITEHEAD	FV35	BINGLEY	20.39	125
87	STEPHEN FIRTH		BINGLEY	21.00	78
92	MARK WESTMAN	V50	BINGLEY	21.07	223
104	MICHAEL SMITH	V50	BINGLEY	21.24	82
131	WAHEED KHAN		BINGLEY	22.13	307
134	PAUL WHELAN	V40	BINGLEY	22.16	232
135	STUART THOMPSON	V60	BINGLEY	22.18	191
136	PETER COVEY	V70	BINGLEY	22.21 (R)	113
144	HARRY ATKINSON	V50	BINGLEY	22.34	255
154	BRUCE DUNCAN	V60	BINGLEY	22.57	216
171	PETER JAGAN	V60	BINGLEY	23.28	143
178	MAX NICHOLL	U14	BINGLEY	23.40	285
179	TOM McDONALD	V60	BINGLEY	23.41	232
180	MICHELLE WOODOW	F	BINGLEY	23.42	267
209	FAYE FIRTH	F	BINGLEY	24.58	79
215	ADAM THOMPSON	U14	BINGLEY	25.15	177

313 Runners Started

5 Retirements

Stephen Firth

08/04/10 - PENDLE FELL RACE

A small band of Harriers ventured over the Pennines to take part in last weekend's Pendle Fell Race.

20th Jamie Robinson, 38.03
 22nd Paul Mitchell, 38.14
 23rd Martin Peace, 38.23
 113th Mike Smith, 46.35

Good runs by all, especially from Jamie and Martin who cycled the 30 odd miles to the race.

30/03/10 - CD TRACKSTAR 2010

Our customary end of season Sports Hall Club Championships were held in March. Bob Dover and Hound Dog (The junior mascot)

were the special guests at the presentation evening held at Beckfoot school where over 60 children were presented with certificates, medals, Postcards and Bingley Bugs and of course the usual small Easter Egg. The overall winner of the Junior CD Trackstar award was U9 Girl Rhea Southcote and the winner of the CD Trackstar award was U13 Girl Amy Pollard.

► [Full Report and results here](#)

► [Hall of Fame](#)

30/03/10 - YORKSHIRE AND HUMBERSIDE REGIONAL SPORTSHALL FINAL

Four teams representing West Yorkshire travelled the short distance to Halifax to compete in the re-arranged (due to snow) annual Yorkshire and Humberside Regional Final for places in the United Kingdom Finals to be held at the NEC in Birmingham on 18th 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. It was held at the North Bridge Leisure Centre, on Sunday, between North Yorkshire, Humberside and West Yorkshire. The performances on the day were outstanding with all 4 teams winning and qualifying on the day for the UK Finals and Under 15 Boy Issa Muvunyi was Overall individual Champion.

► [Full Report Here](#)

► [All Junior Sports Hall news here](#)

30/03/10 NVAC 10 MILE ROAD RUNNING CHAMPIONSHIPS

At the NVAC (northern vets ac) 10 mile road running championships held at St Anne 's 21/03/10 Bob Dover won the 0/65 prize and Fred Gibbs won the 0/70s title.

22/03/10 - CLUB CHAMPIONS ANNOUNCED

Ian Holmes has been announced as club champion for 2009/10, lifting the trophy for the first time since the 1994/95 season. Victoria Wilkinson has retained the ladies trophy for 2010 for a record 4th time. Congratulations to both, to see all the past champions follows the links below

► [Mens Champions](#)

► [Ladies Champions](#)

22/03/10 - SHOT RECORD GOES AGAIN

Sarah Benson has again broken her own club record, extending her previous best to 12.92m. Well done Sarah. View all the club records ► [Click Here](#)

16/03/10 - NATIONAL CROSS COUNTRY CHAMPIONSHIPS - JUNIORS

A week after the Yorkshire Championships our young athletes faced the daunting task of competing in the National, where the competition was somewhat fiercer. They did not let the Club down: Ben Marriott, in finishing 33rd, beat most of those who were ahead of him the week before; Carly Robertson continued her progress in 72nd place; Tom Crowley was a fine 39th; and Joe Wain, 345th, and James Fardy, 367th, learnt a good deal about competing at this level.
Tony Kingham

16/03/10 - YORKSHIRE CROSS COUNTRY CHAMPIONSHIPS- JUNIORS

A small number of our junior athletes competed in these postponed championships, and there were some very excellent performances. Pride of place should probably go to Thomas Crowley who finished third in the Junior Men 's race, but equally praiseworthy was Ben Marriott's 8th place in the U17 Men, and Carly Robertson's 7th place in the U17 Women, just a few weeks after her appendix operation. Joe Wain, in 50th place, kept up his regular attendance record, and it was pleasing to see Jack Thorp finish 30th.

Tony Kingham

16/03/10 - PECO CROSS COUNTRY LEAGUE RACE 5

On a tough course in Esholt, our juniors once again produced some fine performances. Emile Caires, who had not run for some time, managed to maintain his unbeaten record in the U13 section, and therefore won the overall title. We wish him and his mother a speedy recovery from their mystery illness.

Abigail White finished 3rd and overall 2nd in the U11 Girls: well done to Abigail, and to Lucy Shutt, overall 6th, Anna Whitehead overall 8th, and Jack Illingworth, overall 10th in the U11 Boys.

I hope that more of our juniors will be inspired by these results to compete in this league next year.

Tony Kingham

16/03/10 - BMAF CROSS COUNTRY - STORMONT - BELFAST

Fantastic results from Bingley.

Mike Smith had a really hard fought race, at first it was thought he was 8th (the 0/70s counted him in) but thankfully they got it wrong, Mike won silver in 0/65s.

Sue Becconsall was in outstanding form to win Gold in f/0/50s

Fred Gibbs hammered the course and field to win Gold in 0/70s, and backed up with Peter Covey in a fine 4th and John Smithurst won the team prize.

Well done

Adrian Rushworth

11/03/10 - MIKE SMITH 2ND IN WORLD MASTERS CROSS COUNTRY

On Monday at the World Masters Cross Country Championships held in Canada, Mike Smith a member of Bingley Harriers finished in Silver medal position in the over 65 category.

11/03/10 LADIES 2ND AT NOONSTONE

Bingley Ladies finished 2nd team at the first English Fell Championship counter, Noonstone, on Saturday, 26th February.

Kirstin Bailey led the team home in 11th position, followed by Ruth Whitehead in 20th, Sharron Smith 25th and Mandy Clarke backing the team up in 81st

Kirstin 1h27.55
Ruth 1h32.49
Sharron 1h35.03
Mandy 1h52.22 (13th V40)

Next counter for the English Championship is Coniston on May 1st, entries are open now
Sharon Taylor

02/03/10 - NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Victoria Wilkinson was a magnificent 5th place in the senior womens National Cross Country Championships at Roundhay, Leeds on Saturday.

Coming back from a serious injury last summer Victoria had a superb run and wasn't far off claiming a medal.

Congratulations Victoria, the hard work has paid off.

02/03/10 SPORTSSHOES UNLIMITED JUNIOR FELL RACE 2

Ilkley Moor - 21st February 2010

What a disaster!!

Heavy snow during the night before the race had the organisers panicking and the final decision to run the race was only made at 9am.

Unfortunately for me, my two boys and many others we were simply unable to get there so the numbers in both the junior and senior races were understandably lower than usual.

Just 3 Bingley Juniors, all girls, were tough enough to brave the conditions and their efforts have been rewarded with some very valuable points in the Junior Championship.

First to brave the hills was Bo Lawrence in the Under 8 category and she stormed round to finish a great 12th place in 6 mins and 24 secs.

Then it was the turn of our two Under 12 girls Katie Boden and Abigail White who both ran well in the difficult conditions to take 24th and 35th places respectively.

Full details, loads of photos and results can be found here :- www.ilkleyharriers.org.uk

The next championship race in the series is not until the Coiners race on the 3rd of May so there's plenty of time to get some training in.

Before that though are the Pendle Junior races held at Barley Village on the 3rd of April. These are great races for the kids with good courses for all age categories and goody bags to all finishers. The adults race up Pendle Hill and back in the afternoon is also a cracker.

And of course all the latest positions and news and events can be found in the junior fell section ► [Here](#)

Andy Nicoll

Junior Fell Team Manager

25/02/10 YORKSHIRE XC – CHAMPIONSHIPS

Bingley men finished 3rd team at the Yorkshire cross country champs at Thornes Park Wakefield on the 20th February. First Harrier home was 44yr old Ian Holmes in 7th , followed by Richard Harris 17th , Lee Athersmith 27th , Tim Midgley 29th, John Convery 33rd with final counter Andy Brown 37th.

25/02/10 SENIOR MEN NORTHERN XC - CHAMPIONSHIPS

Bingley Senior men headed over the border to Lancashire (Witton Park, Blackburn) on the 24th January to produce a solid performance finishing 6th team overall. First man home was Mathew Whitfield making his first cross country appearance of the year, closely followed by Lee Athersmith 65th, Tim Midgley 66th, Stuart McDonald 73rd , John Convery 80th and 6th scorer Aiden Johnson 99th. President Martin Peace finished 156th.

16/02/10 - WADSWORTH HALF TROG & CARNETHY 5

More success for Bingley on the fells over the last two weekends.

Lee Athersmith continued his dominance in the Wadsworth Half Trog (9 miles over the roughest of Calderdale terrain) with his 4th consecutive win at this event.

Rob Jebb also added to his tally of victories at the Carnethy 5, held on the outskirts of Edinburgh, last Saturday. This was Rob's 5th win in the most popular Scottish fell (or should that be hill?) race.

Well done to both.

James Senior

16/02/10 - NORTHERN VETS CROSS COUNTRY CHAMPIONSHIPS

Once again Bingley were at the forefront of the Veteran championships.

At Warrington on Sunday 14/02/10 a team crossed the Pennines, leaving their box of chocolates and roses with their loved ones to put in a fantastic performance.

Sue Becconsall won the women's race outright along with the Fv50s title.

Stuart Macdonald was 2nd Mv40,

John Convery was 2nd Mv45,

Pete Pyrah was 2nd Mv55,

Mike Smith improved on his Yorkshire bronze to win gold for a fantastic mv65 title,

These runners combined gave us a very impressive 1st over 40 team prize.

In the over 70s team there was an incredible 18 runners,

Salford fielded 2 teams, but Yorkshire grit came through with

Fred Gibbs (ok adopted brummie) 1st

Peter Covey 4th

Backed up by John Smithurst in 6th

This of course gave them 0/70s gold

Fantastic performance

fantastic performance.

Adrian Rushworth

09/02/10 - YORKSHIRE VETS CROSS COUNTRY CHAMPIONSHIPS - SHEFFIELD

Sue Becconsall won the 0/50,3rd overall, Ali raw won 0/45s 4th overall, Andréa Dennison 2nd 0/45 5th overall, Marisol Carrera 3rd 0/40 in 16th overall.

The ladies won Gold in the 0/45 team category.

Fred Gibbs, Peter Covey and John Smithurst smashed the opposition in the 0/70 category to finish 1, 2, 3.

Gold in the 0/70s team

0/60s team won silver, with Mike Smith taking a hard fought bronze in the 0/65, Stewart Thompson running a solid 7th 0/60 and Bob Dover 5th in the 0/65.

Pete pyrah ran 2nd 0/55 with Mark Westman an impressive 27th, no 3rd man due to injuries.

0/40 was won by Stewart MacDonald who also won the race outright beating Richard Harris (0/35) into 2nd.

0/40s team were silver with Stewart (1st) Martin Peace in his first vets XC ran a good 3rd, Richard Balshaw a very credible 6th and run of the day from Phil Knight in 15th.

0/35s team also won silver, although we were level on points with winners Hull, we missed out on the count back.

Richard won a brilliant run from Steve Bailey in 4th and to complete the team, a solid performance from Simon Wright, who had driven up from Northampton to make the race and gave a good supportive run.

A very good representation from all the vets running and none running turned up to give vocal support.

Adrian Rushworth

09/02/10 - NORTHERN CLUBS CROSS COUNTRY - BLACKBURN

Five of our juniors competed over this tough course : Emile Cairness was 40th in the U13 Boys, Thomas Potter 170th and Joseph Wain 181st in the Under 15 Boys, and

Ben Marriott 17th and Jack Thorp 74th in the U17 Men. Well done all!

Tony Kingham

09/02/10 - PECO LEAGUE RACE FOUR

This was our best turn-out yet, which was particularly encouraging on a bitterly cold day. Emile Cairness kept up his splendid record with another individual win in the U13 Boys, while Abigail White, with her 2nd place in the U11 Girls, kept alive her hopes of a high overall position. Anna Whitehead (6th) and Lucy Shutt (7th) in the U11s continued to show promise, and special mention must be made of two of our "regulars" who were making their racing debuts : Georgie Hird came 9th in the U11 Girls, and Oliver Wain came 11th in the U11 Boys. Well done to you all, and we hope to see you all at the last race on Sunday 7 March at Immanuel College, Thackley. For those of you who have not raced yet, come along and give it a try! It would be great to swamp the races with Bingley Harriers!

Tony Kingham

26/01/10 SPORTSSHOES UNLIMITED JUNIOR FELL RACE 1

Stanbury Splash

Race 1 of the series saw the crowds assemble on the notoriously wet, cold and windy Penistone Hill above Haworth. Holding true to its reputation it was indeed cold, windy and wet underfoot but this did not stop 14 Bingley Harriers juniors making the journey and giving their all around Dave Woodhead's short but tough course.

First away were the under 8s where 3 intrepid Harriers stormed around the ½ mile course which featured a tough 50 foot climb that they had to tackle twice and an equally scary 50 foot plunge back down the quarry side.

Ben Jones ran strongly to finish 18th in a time of 4.21 (less than a minute behind the winner), then came Bo Lawrence who despite having to help her dad all the way around the course still managed to come home in 22nd place in 4.34. Our third under 8 finisher was Jack Colwell who completed his first fell race in 6.09 coming home in 34th place – well done to you all – you are stars in the making!!!

Then it was the turn of the more senior juniors (if you know what I mean). The under 10s, 12s, 14s and 16s all set off together so as you can imagine there was quite a height range on the start line! The under 16s had to tackle 2 laps of the 1 mile course whilst the rest of the gang waged their battle over a single lap.

Over 100 juniors made the start line and I'm very proud to say that 11 of them were Bingley Harriers – fantastic! It's not yet the sea of blue and white hoops that I dream of but it's a brilliant start.

Racing was fast and furious from the start and Jack Thorp our sole under 16 representative went off hard from the start. Jack looked strong through lap 1 and managed to stick on the shoulder of an equally impressive looking Horwich runner to come home in second place just 7 seconds off the top spot and over a minute clear of the 3rd placed runner.

In the 1 mile race Bingley's racing machine Emile Cairness came home in a fantastic 4th place overall in a time of 6.51 which was just 16 seconds off the leader. Emile led home the following Bingley Juniors :-

Ben Nicoll – 8.18

Katy Boden – 8.30

Max Nicoll – 8.36

Joshua Netherwood – 8.45

Jack Illingworth – 9.19

Abigail White – 9.37

Daniel Netherwood – 10.56

Lucy Shutt – 11.22

Harry Colwell – 11.23

Again, for some of the runners above this was their first fell race and for others their first race over any real distance – I hope you

enjoyed it and are eager for more.

Detailed results and loads of pictures can be found at <http://www.woodentops.org.uk/>

Let me finish by saying a big WELL DONE to all those juniors who turned out and thank you to all the parents who made the effort to get them there on a cold and damp Sunday morning – it really is appreciated.

I hope to see you all at the next Championship race – Ilkley on the 21st February – see the [junior fell page](#) or www.ilkleyharriers.org.uk for details.

Andy Nicoll
Junior Fell Manager

26/01/10 - STANBURY SPLASH

Ian Holmes' incredible winning record at the Stanbury Splash race continued into a third decade on Sunday as he claimed his 15th consecutive win at this popular fell running event. Ian had a close fought battle with Graham Pearce of Pudsey & Bramley for most of the way but saw off the challenge to run out winner by 17 seconds. Well done Ian.

Bingley's men also made it a double victory by taking first place in the team event. Ian Holmes, Robin Lawrence (6th place) and Andy Jebb (22nd place) made up the winning team. It's great to see Robin back at the races and it was another fine run from Andy, just ahead of super vet Paul Mitchell. Also worthy of special note was the performance of 18 year old Lewis Wright, coming home in 39th place out of the 298 finishers. Great run Lewis.

Well done to all the Bingley runners who took part and another successful day for Bingley on the fells.
James Senior

21/01/10 - BRADFORD SCHOOLS XC CHAMPS

The Bradford Schools Cross Country Championships took place on Wednesday 20 January, and runners from the Club were very successful. Individual winners were Emile Cairess (Year 7 Boys), Jack Thorp (Inter Boys), and Holly Craig (Senior Girls). In addition Natalie Brown was 2nd in the Junior Girls, and Gordon Weight was 3rd in the Junior Boys.

Other Harriers selected to represent Bradford in the West Yorkshire Schools on February 6, are : Joseph Wain, Thomas Potter and James Fardy (Junior Boys);

Issa Muvunyi (Inter Boys); Ben Marriott (Senior Boys); Carly Robertson and Eleanor Ainscoe (Senior Girls). Good luck to them all!

If I have missed any Harriers off this list, my apologies – let me know!

Tony Kingham

21/01/10 - PECO LEAGUE RACE THREE

Nell Bank, Ilkley

Despite the harsh weather three of our brave Juniors represented the Club with distinction in the third race of this series.

Lucy Shutt finished in 11th position in the U11 race, and Jack Illingworth was 12th in the boys section. Emile Cairess was once again the individual winner of the U13 race, and is now in a strong overall position. Well done to all three!

The next race in the series is at John Smeaton School on Sunday 31 January – we hope that we can persuade many more of our Juniors to turn out.

As always, details will be available from us on Tuesday evening training sessions, or from the [Abbeyrunners website](#).

Tony Kingham

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