



Bingley Harriers News

[Home](#)[News](#)[Juniors](#)[Events](#)[Social](#)[About Us](#)[Contacts](#)

21/12/11 - CHRISTMAS TRIP 2011

A lovely sunny frosty day for the 2011 Christmas Santa run from Greenhow to Wath in Nidderdale followed by Christmas dinner at the Sportsman - mostly turkey dinners this year with only a few stuffed peppers.



21/12/11 WEST YORKSHIRE LEAGUE RACE FOUR (THORNES PARK, WAKEFIELD): JUNIORS

As in previous League races a somewhat disappointing turnout, but some splendid performances nonetheless, with Victoria Merrick producing the run of the day with her superb 5th place in the U13 Girls. Greg Smallwood, in 22nd, and Lucy Shutt, in 24th, were once again our only representatives in the U11 age-group, whereas we did manage a scoring team (4th) in the U13 Boys, where Tommy Thorp made his debut in 28th. Matthew Merrick continued his fine series with an excellent 4th place, ably supported by Alex Stewart in 9th and Adam Thompson in 37th. Emile Caires, feeling rather under the weather, managed a solid 4th in the U15 Boys, and Jenna Killock guaranteed a good overall placing with her 13th place.

Only fourteen Juniors have represented the Club over the course of the four races, with five of them ever-present: Lucy, Victoria, Greg, Matthew and Adam. A further four ran in three of the races: Abigail White, Jenna, Alex and Emile.

Overall individual results were very pleasing: Emile was 2nd, Matthew 4th, Vicky 8th and Alex 9th, and all of these will be in the same age-groups next year. Our two youngest runners, Greg and Lucy, came 11th and 17th respectively, Abigail and Adam 35th and 39th, whereas Jenna, our only U17, came 14th. Congratulations to all of these: we look forward to seeing what they can achieve in the Championship races to come.

In the New Year we shall be hoping to increase both our membership numbers and our participation figures: there will be three more races in the PECO League which will be an ideal introduction to racing for our younger runners.

Our first training session in the New Year will be on Tuesday 3 January, usual time, usual place. We hope that you and your families have a great Christmas.

Tony Kingham

06/12/11 PECO LEAGUE: RACE ONE

27 November at Ackworth

A small group of our Juniors took part in the first race of this year's PECO league, and there were some outstanding performances: Lucy Shutt was 2nd in the U11 Girls; Victoria Merrick was 2nd, and Anna Whitehead 6th, in the U13 Girls. In the Boys races we had two individual winners: Matthew Merrick in the U13s and Emile Caires in the U14s.

There are four more races remaining in this league, the next one of which is at Middleton Park on Sunday 18 December. Map and directions will be found on the League website: www.pecoxc.co.uk, but will also be available from us on Tuesday evening training sessions at Bradford and Bingley.

There are two Junior races: U11s at 10.00 a.m. and U16 at 10.20 p.m. You do not need to be a Club member to run, but there is an entry fee of £1 on the day.

We do urge as many of you as possible to take part in this League as it will give you a real taste of racing. Do ask if you need more details.

Tony Kingham

06/12/11 WEST YORKSHIRE LEAGUE RACE THREE – JUNIORS

Northcliffe, 20 November 2011

Our first League race on "home" territory for some time did not produce the numbers we had hoped for, but we were more than satisfied with the quality of the performances.

Lucy Shutt had an excellent run in 13th place in the U11 Girls, and Greg Smallwood, in the U11 Boys, kept up his fine record in 12th place: such a pity that they had no team-mates to back them up.

In the U13s, the Merrick twins again underlined their potential: Victoria, in the Girls race, repeated her 9th position from York, while Matthew, with the fastest finish of the day, secured a superb 4th place. Abigail White ran very well for 32nd and Adam Thompson, in 43rd, had his best run yet.

In the U15 Girls it was good to see Katy Boden, and she did not disappoint, with a fine 24th position, ably backed up by Lily Dooks with a much-improved 28th. That improvement was also shown by Jenna Killock who managed a pleasing 13th place in the U17 Women's race.

Well done to all those mentioned above: if only we could get a better turnout in races Graham, David and I would feel that we really are making progress.

Tony Kingham

29/11/11 BRITISH AND IRISH XC INTERNATIONAL

26/11/2011 Belahoustan Park, Glasgow

The international featured the best of the best of British and Irish Veteran runners.

Such is the depth of vet runners in the O/70s within Bingley Harriers that 2 runners featured with another being the reserve.

Pete Covey ran a blinder to take the gold medal, backed up by the great Fred Gibbs in 4th place, who had a nasty fall on the first lap.

The British team won Gold.

The reserve was George Buckley.

Gerry Bell had a good strong run with the Irish team winning Gold in the O/60s.

Sue Becconsall ran a stormer to clock 3rd overall, 2nd British runner, Helping Britain to Gold medals in the team race.

Well done to all.

Results [here](#).

22/11/11 - STEADY GROUP UPDATE

Congratulations to all who raced at the weekend and did the 'Steady Group' proud. First Richard (on foot) and Katie on her trusty bike slogged it out on Saturday at the Harriers v Cyclist event.

Katie 1:06:39

Richard 1:08:30 (whole 9 minutes faster than last year wooooooooooo!!)

Sunday saw the following taking part in the Abbey Dash, supported loudly by Helen and her blue and white pom poms!

Emma 53:13 (who runs mainly with the medium group now but I think we will claim this!!)

Phil 56:00 (PB)

Heather 1:09:40 (PB)

Sue 1:11:42

Would just like to take the opportunity to give Caz and Bruce some encouragement from all of us as they continue with their training for the Goofy Challenge in January. Go Jessie and woody.....yeahhhhh!!!!!!!

Well done everyone and see you Thursday

Sue Whiteley

22/11/11 - ABBEY DASH

After a mix up with gun & chip times John Smithurst took the 1st M70 prize at the Abbey Dash 10K on a foggy Sunday 20th Nov.

His 50.14 chip time was 26secs faster than the runner placed ahead on the result sheet.

Our first man home was James Robinson in a time of 34.50, followed by Paul Tiffany in a PB of 36.43, Gary Carty 38.05, Waheed

Khan 41.20, Neil Barrett 48.33, John Smithurst 50, 14 Phil Harkwell 56, Jenny Barrett 1.09.26, Heather Pearson 1.09.40, Susan

Whiteley 1.11.42.

16/11/11 NATIONAL CROSS COUNTRY RELAYS

Bingley Harriers fielded two senior womens teams at the National Cross Country Relays held in Mansfield, usually underfoot conditions are fantastic but with heavy rain throughout the races meant the 3k course was a bit tricky in places and made the racing even more exciting. The A team consisted of Emma Raven, Victoria Wilkinson and Mary Wilkinson who all ran exceptionally well to finish 5th, the clubs best result yet. This was Emma's 1st cross country relay for the club so it was a great welcoming. The B team, Jo Buckley, Sarah Jarvis and Sue Becconsall were amongst the top clubs and finished 19th. A fantastic achievement to be the only club to get two teams in the top 20. Lets hope Bingley ladies continue their success throughout the winter and into the spring.

Victoria Wilkinson

16/11/11 ILKLEY LIDO RELAYS

A last minute ladies V50 team had a successful run at the recently arranged inaugural Ilkley Lido Relays. The race follows on from the

Yorkshire Vets road relay championships on the same course in 2009 and 2010 and will probably be familiar to anyone who has done the Ilkley triathlon. There were 25 teams including a big turn out by the host club Ilkley. Mary Green (20.03), Sue Fulton (22.51) and Becky Weight (22.13) were 15th team overall in 65.07 bringing them in as second ladies team and first FV50 team. The Yorkshire Vets individual records for the 2.9mile loop (including a long hill) fell to the younger legs of Nathaniel Williams (15.31) and Sally Morley (18.27). There were also sandwiches and cakes afterwards which went down exceptionally well.

Becky Weight

07/11/11 SHEPHERD'S SKYLINE (BINGLEY HARRIERS / SPORTSSHOES UNLIMITED - RACE 8)

The last race in this year's championship saw 19 Bingley Harriers' juniors competing in this traditional end of season finale.

Great racing weather was bettered only by the performance of our rising stars as once again Bingley's colours lit up the hills and the results sheet.

[Full Results Here](#)

Lucy Shutt and Victoria Merrick crossed the finish line yet again to make it a clean sweep in this year's championship having completed every single championship race and bonus points race! – not only that but in their respective age groups they also scored maximum points in each race so I now need to get my calculator out to figure out our overall champion...

After watching each race closely and thinking about it afterwards, my standout performance of the day goes once again to Joseph

Carneily – not just for his very impressive second place finish but also for his tremendous enthusiasm – well done JO!

It was also great to see a couple of new names on the results sheet Megan Ellis and William Evans. Many thanks for running you two – I hope you enjoyed it and we see you again at next year's races.

After a year when most of you managed to stay upright, I even managed to spot a prize winning fell fall – you'll need to come to the presentation to find out who is this year's winner.

So that concludes this year's Bingley Harriers / Sportshoes Unlimited Junior Fell Championship – another brilliant year's racing and some very close competition. I hope you've enjoyed competing as much as I've enjoyed organising and watching.

Next year I'm going to spice things up a little further with some English Championship races thrown into the pot to see how you guys perform on the National stage – see the forum for a cheeky preview of what's to come.

A massive WELL DONE to each and every one of you for being brave enough to give racing a try - I hope to see you all at the prize giving after training on the 15th November at the Bees Rugby Club - free pizza and chips if that helps.....;-)

Andy Nicoll

►Standings

07/11/11 COMPLETE RUNNER LEAGUE - RACE TWO – JUNIORS

This fixture came at the end of the half-term break, and the turnout was rather

disappointing, with only one scoring team. However, those who did run produced some very encouraging performances.

Greg Smallwood, in the U11s, repeated his 9th position from the first race, and Lucy Shutt, in the Girls race, was 30th. It is a great pity that they have no team-mates in this age group.

The U13 Girls, in 5th, again managed to score, and, what is even more pleasing, they all managed to improve on their previous positions: Victoria Merrick was 9th, Abigail White 28th, and Olivia Roper 44th – well done to them all!

In the U13 Boys race there were excellent runs from both Matthew Merrick (5th) and Alex Stewart (7th), with Adam Thompson coming in 53rd. One of our most consistent performers, Henry Moorhouse, was unfortunately injured, and we hope that he will recover quickly.

Our only other runner on the day, Emile Caires, once again produced a superb run in 3rd position, and is already well on the way to a high individual placing.

The next League fixture is on "home" ground on November 20, and we hope that we can get a rather better turnout for that and for the first PECO race which is on the following Sunday: at our last Junior training session there were 38 Juniors, and would be nice to think that we could get at least 50% of them running in races for the Club.

Tony Kingham

07/11/11 PARK RUNS

Bradford Park Run on Saturday 5th Nov

Richard Andrew Scott 3rd 18.20/VDOT 55 *[whats this].

Paul Tiffany 6th 19.01/VDOT 52

Andrea Dennerson 11th 1st female 20.02/VDOT 49

Marisol Carrera 21st 2nd female 21.40/VDOT 45

Dave Barber 23rd 22.02/VDOT 44

Chis Hardaker rec a time of 25.30/VDOT 37 at the Hyde Park park run Leeds.

Bradford Park Run 5K 29 Oct

Richard Scott 3rd 18.28/VDOT 54

Daniel Smithurst 13th 21.44/VDOT 45

Dave Barber 17th 22.16/VDOT 43

Simon James Brown 54th 26.40/VDOT 35

Pauline Smith 55th 27.05/VDOT 34

Bryan Parkinson rec a time of 19.15/VDOT 52 at Leeds Hyde Park Run 5K 29th Oct.

Bradford Park Run 5K 16th Oct

Paul Tiffany 3rd 18.36/VDOT 54

Robert Eccles 7th 19.57/VDOT 50

Andrea Dennison 9th 20.14/VDOT 49

Marisol Carrera 22nd 21.39/VDOT 45

Simon James Brown 62nd 27.20/VDOT 34

*VDOTS are a easy way of checking your current fitness through race performances.

It is not age related or gender based.

Top VDOT numbers since 24th Sept

Men

Broadbent 62, Stewart MacDonald 61, Tim Midgley 60.

Ladies

Jo Buckley 52, Andrea Dennison 49, Marisol Carrera 45.

Leading in the Road Championship with the most improved VDOT number is Simon James Brown, he has taken it from 31 to 34+3.

31/10/11 BRONTE WAY FELL RACE

which runs over 8 miles from Wycoller country park to Haworth.

Bingley's Lee Athersmith really likes this race and recorded his second victory here in a time of 55.13, he has also finished second twice at this event over recent years.

Well done Lee.

Andrew Lebb

Andrew Jebb.

31/10/11 GREAT WHERNSIDE FELL RACE (YORKSHIRE FELL CHAMPIONSHIPS)

Ian Holmes is Yorkshire fell champion for the 8th time after an 'almost' faultless run at Great whernside fell race. A good field turned up to race in rather inclement conditions but Ian had to settle for 2nd place overall after a tough battle with the inform Carl Bell (howgill harriers). They were neck and neck descending into the finish with a dead heat looking likely when Ian tripped. Luckily this did not cost him the Yorkshire honours.

Sharon Taylor continued her return to form with a solid run picking up a Yorkshire silver medal.

Well done all who ran,

Andrew Jebb.

26/10/11 BRADFORD HALF MARATHON

Peter Shoard 1hr.48.10, Richard Newman 2hr.29.09.

26/10/11 BRADFORD PARK RUN

Jo Buckley recorded the 2nd fastest time for a female at the Bradford Park Run on sat 22 Oct, her time of 19.07 for the 5K was just 16 secs behind Canadian international Alex Becker Bradford & Airedale Ac 18.51 time set earlier this year.

Brian Parkinson was one position behind Jo in 5th place in a time of 20.07, Dave Barber recorded a time of 22.06, Peter Ellington 24.02, Mike Long 25.43, and Katherine Philips 25.46.

The park runs keeps coming up with celebrity runners, the most famous being Mo Farah at the Bushy Park Run.

John Smithurst

26/10/11 COUNTY CORK (EIRE) MASTERS CHAMPIONSHIPS

Congratulations to Bryan Parkinson who went to Southern Ireland to compete in his County Champs.

1st. Vet 60 in the County Cork (Eire) Masters Championships on 9/10/11.

Distance 6km Time 24.42

Well done Bryan

Simon Johnson

26/10/11 WITHINS SKYLINE

A busy Penistone Hill near Haworth hosted Withins Skyline Fell race (7ms and 1000' of ascent) hot on the heels of the Curly Wurlly Rat Run Junior races. Bingley Seniors looked a little scarce in the 300+ field despite being a local event and the fine weather. In the event there were 8 and here are the overall finishing positions and times. Ian Holmes (2nd, 43.24) on familiar ground was first V40 and second overall only 6 seconds behind the winner Tom Addinson of Helm Hill, with Alistair Brownlee's 2006 record of 41.28 still safe. Andy Nicoll (V40) was 31st in 50.18 closely followed by Simon Johnson (V40, 38th, 50.35) who was venturing onto the fells for the first time. Well done Simon - I hope you enjoyed it. John Egan (V40, 85th, 55.17) and Harry Atkinson (V50, 132nd, 58.41) came in next for Bingley followed by myself, Becky Weight (V50, 207th, 63.49), Sue Fulton (V50, 247th, 67.00) and Richard Newman (318th, 91.01). I was happy to run my first fell race in over 18 months having worked hard to build up my activity and running to cater for a bad back and some degenerative discs. Sue only spotted the race at 25 to 11 and still made the 11.30 start for her Sunday run, and Richard loved the race. The full results and lots of photographs are on the [Woodentops website](#)

Becky Weight

26/10/11 KEITH FIRM INDOOR PLATE WINNER 2011

This year goes to Rebekah Tiler, congratulations and well done Rebekah

20/10/11 SYDNEY GLOVER TROPHY 2011

This year's winner of the Sydney Glover Trophy, as chosen by the club president is Demetric Nelson. Speaking at the Annual General Meeting Martin praised Demetric for his consistency and commitment throughout the Track & Field season culminating in his new club record for the 200m (see below). He joins a prestigious list of previous recipients of the Sydney Glover Trophy. Well done Demetric and congratulations.

► Past Winners

20/10/11 BRITISH FRA RELAY CHAMPIONSHIPS

Bingley Harriers hosted and organised the 23rd British Fell Relay Championships on Saturday 15th October at Kettlewell in North Yorkshire. 182 teams from all over the UK comprising 6 runners completed the four legs, almost 1200 runners, a large and prestigious event. It was a truly memorable day with a fantastic effort by the organising team and a huge number of helpers from Bingley Harriers and other running clubs in the area and also the Wharfedale Cave and Mountain Rescue Team. A huge vote of thanks to everyone who assisted on the day. Bingley even organised the weather to be glorious with day long sunshine as the whole

thanks to everyone who assisted on the day. Bingley even organised the weather to be glorious with day long sunshine as the whole event took over Kettlewell before the onset of Winter. With large numbers of club members helping to put the event on Bingley also found the resources to put out 4 teams across the various championships.

Performance of the day goes to Bingley Ladies, who took the title and were 55th overall with a time of 04:18:12. A very impressive performance by Ruth Whitehead, Victoria Wilkinson, Emma Clayton, Sharon Taylor, Aly Raw and Mary Wilkinson. Although Bingley were outside the top 10 after the first leg, the strategy of having a well balanced team proved successful with Mary coming from almost 8 minutes down on the last leg to power to victory. It was a great reward for all the hard work put in by Bingley Harriers in staging the event. Well done ladies. Even though the Men's senior team were under strength they ran well to finish inside the top 10 against extremely strong opposition. A men's Veterans team and also a B team also performed creditably with full details below.

Ladies Team

1. Ruth Whitehead, 44.10 (96th)
2. Victoria Wilkinson/Emma Clayton, 01:27:46 (58th)
3. Sharon Taylor/Aly Raw, 01:21:35 (69th)
4. Mary Wilkinson, 44:41 (31st)

Bingley A, finished 9th overall with a combined time of 03:44:10.

Leg details.

1. Tim Midgley, 37:29 (26th)
2. Ian Holmes/Andrew Peace, 01:15:13 (15th)
3. Andrew Jebb/Andy Brown, 01:09:34 (12th)
4. Lee Athersmith, 00:41:54 (14th)

Bingley 'B' finished 38th Overall in 04:07:54.

Leg details

1. Stephen Fry, 41:25 (68th)
2. Steven Carney/James Senior, 01:21:59 (34th)
3. Robin Lawrence/Ged Callan, 01:18:12 (52nd)
4. Jamie Robinson, 46:18 (43rd)

Bingley V40 finished 68th Overall in 04:24:23.

Leg details

1. Marc Teasey, 41:00 (63rd)
2. Dave Stephenson/John Egan, 01:41:07 (129th)
3. Andy Nicoll/Martin Peace, 01:13:25 (23rd)
4. Richard Scott, 48:51 (57th)

Martin Peace

18/10/11 LADIES ARE CROWNED BRITISH FELL & HILL RELAY CHAMPIONS



Bingley Ladies were today crowned British Fell & Hill Relay Champions on home soil in Kettlewell. We had a solid start from Ruth Whitehead on leg 1 to bring the ladies home in 8th position, Vic Wilkinson & Emma Clayton had a brilliant run to pull the team back into 2nd position and under 3 minutes behind the leaders HBT. Sharon Taylor & Aly Raw were next out on the navigation leg and despite losing time finding the first checkpoint that was hidden down a hole! they brought the team back in 3rd position just 1 minute behind Calder Valley in 2nd place and 7 minutes behind leaders HBT. Mary Wilkinson set off on the last leg and a win probably looked out of the question but Mary produced an amazing run (just 2 days after jetting back from Canada) to take the lead at the summit of Great Whenside and bring the ladies to 1st position by almost 3 minutes. Well done to all of you and a big thank you to all the marshals that gave the home club lots of support

- Leg 1 – Ruth Whitehead 44:10 (96th overall)
 Leg 2 – Vic Wilkinson/Emma Clayton 1:27:46 (58th)
 Leg 3 – Sharon Taylor/Aly Raw 1:21:35 (69th)
 Leg 4 – Mary Wilkinson 44:41 (31st)

Photo courtesy of Joe Stephenson

Sharon Taylor
 Ladies Fell Captain
 ► [Past Team Titles](#)

18/10/11 CARDIFF HALF MARATHON

Bruce MacNeill 1hr.52.04, Caroline Macneill 2hrs.16.53.

Road races this weekend for late entries

Autumn Breaker 10K Stanley park Blackpool Sunday 10.30am £12 on the day

Lea Town 10k Sunday 11am £8 on the day

Bradford Park Run Lister Park Saturday 9am Free

Leeds Park Run Hyde Park Saturday 9am Free

John Smithurst

17/10/11 BRIDLINGTON HALF MARATHON

Four Harriers competed in the Bridlington Half Marathon on Sunday 16th Oct. Our 1st runner home was Stewart MacDonald in 9th place and 1st M45 in a field of 773 competitors, time of 1hr.15.59, Stephen Bailey was 15th in 1hr.18.53, Katherine Philips rec a time of 2hr.02.54 and Michael Smithurst 2hr.05.07.

John Smithurst

17/10/11 CLUB CHAMPION (CROSS COUNTRY 2011)

This year's club champion is Jonathan Brownlee, current Yorkshire Cross Country Champion

► Past Champions

17/10/11 WEST YORKSHIRE LEAGUE: RACE ONE 2011 JUNIOR REPORT

As has become the tradition, the first race of the new league season took place at Nunroyd Park, Guiseley and, although most of our more senior runners were missing, it was a pleasing start for our juniors.

In the U11 Girls ever-improving Lucy Shutt was 15th, and in the U11 Boys Greg Smallwood, making his debut for the Club, finished a very promising 9th - we must now hope for new members to back them up. On Tuesdays we have so many promising runners in this age-group, but we really do need them to become members of the Club if we are to continue the good work we have achieved in the last couple of years.

In the U13 Girls our team finished 7th, with Victoria Merrick leading the way in an encouraging 12th place. Abigail White was 38th, and Olivia Roper 54th.

Our U13 Boys, all of whom are at the bottom end of their age-group, achieved a fine 3rd team place. Matthew Merrick and Alex Stewart were always up with the leaders, finishing 6th and 9th respectively, and they were ably supported by Henry Moorhouse in 32nd and Adam Thompson in 46th.

We were unable to field an U15 Girls team, though our sole representative, Lily Dooks, ran strongly to finish in 34th place. Team-wise it was a similar story in the U15 Boys race. Fortunately, the two who did run both produced fine performances: Emile Caires

maintained his wonderful record in the League with a superb 2nd place, and Daniel Smithurst continued his progress in 21st.

For some reason or other, none of our U17 Men made an appearance, and it was left to Jenna Killock, finishing in 19th place in the U17 Women's race, to represent the Club in this age-group.

The fact that most of the League races are on a Sunday certainly does cause problems, particularly for those runners who also play football, and then there are the inevitable fixture clashes with other branches of the sport, but we still hope that we will have an improved overall turnout for the remaining three races.

Tony Kingham

12/10/11 ROAD CHAMPIONSHIP UPDATE

Three Harriers have already completed the three minimum races to put them on the club championship table.

5K

Dave Barber 22.07 VDOT 44, 22.01 VDOT 44, 22.01 VDOT 44

Terry Green 22.43 VDOT 42, 22.29 VDOT 43 +1, 22.17 VDOT 43

Simon James Brown 30.53 [], 29.50 VDOT 31, 27..46 VDOT 33 +2

Top Three Males VDOTS

Steve Broadbent 1hr 15.47 VDOT 62 (Half Marathon)

Tim Midgley 35.20 VDOT 60 (10k)

Simon Johnson 17.31 VDOT 58 (5k)

Top Three Females VDOTS

Jo Buckley 1hr 27.11 VDOT 52 (Half Marathon)

Andrea Dennison 1hr 33.01 VDOT 49 (Half Marathon)

Marisol Carrera Viva 45.54 VDOT44 (10k)

Well done, and to the new VDOTS at the park run on 8th Oct, Richard Scott 18.23 VDOT 54, Mike Long 25.19 VDOT 37, Kerry Gilchrist 26.29 VDOT 36

John Smithurst

12/10/11 BRADFORD HALF MARATHON UPDATE

Can any Harrier who ran the Bradford City Run Half marathon on 2nd Oct, send me their times, no clubs were printed in the results.

Andrea Dennison was 2nd Lady in 34th place 1hr.33.01.

Dean Dransfield was 48th in the race in 1hr.36.08

John Smithurst

10/10/11 - IAN HODGSON MOUNTAIN RELAY

After some last minute team sheet jiggery pokery, Bingley's Mixed team took 1st place at the 2011 Ian Hodgson Mountain relay - Just 7 seconds ahead of Pennine after 4 hours and 21 minutes of running.

Mixed Team :-

Sharon Taylor / Aly Raw

Vic Wilkinson / Helen Jackson

Andy Jebb / Robin Lawrence

Ian Holmes / Andy Peace



Bingley mens open team also made it round at a slightly more leisurely pace....
Well done to all concerned!
Andy Nicoll

04/10/11 - 2011/12 ROAD CHAMPIONSHIP DETAILS

Hope you all have received the email of my appointment as the new Road Manager, and some of the road racers for the rest of 2011. So for the Bingley Harriers road running championship for the coming 2011/2012 season, it is very difficult to choose races to give everyone a fair chance of success. My idea is we do not have specific races, but any race to count from a 5k park run to any distance up to the marathon, so how will it work?

You can do as many races or as few to have a chance of winning, but I think it only fair you complete at least three races. Any time for a race from 1500m to marathon will give you your current fitness level based on the famous Daniels Running Formula Vdot, this will convert to a number, the runner who improves that number the most in the coming year male & female will be Bingley's Road Champion.

I hope it will encourage to race more, and train harder, it will probably favour the new Harrier and runners on the come back trail. But I think we should not penalise our best runners so they will be prizes for the highest number at the end of the year male & female, who will also be in with a chance of becoming Bingley Road Champion.

Google VDOT calculator if you want to check on your VDOT number, just put in your time for a current race.

Try this one

I thought we would start last weekend at the Horsforth 10K where we had a good team result team lead by Tim Midgley well done.

Tim Midgley 4th 35.20 VDOT 60
Sean Thompson 15th 38.17 VDOT 55
Paul Tiffany 27th 39.34 VDOT 53
Oliver Downing 48.02 VDOT 42
Bruce McNeill 50.00 VDOT 40
Sarah Callaghan 50.27 Amir Zaheer 53.31 VDOT 37
Caroline McNeill 1.16.44 Heather Pearson 1.17.49

We had one runner at the Harewood 10K, Well done Marisol Carrea Vivar 1st lady and of course 1st F40 45.54 VDOT 44

Send me all your results from last weekend 24th Sept, get yourself a VDOT number, then try and improve on it.

Good Racing
John Smithurst
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07737506843

04/10/11 - LATEST VETS NEWS

18th Sept Yorkshire Vets Track & Field Champs - Cleckheaton

We had 3 representatives at this year's meeting in the 5000m (large field), it was sunny all day until the event and thankfully the rain held off for the race.

Simon Johnson Gold V45 16.53 (3rd Overall)
Peter Pyrah Gold V55 17.54 (6th Overall)
Fred Gibbs Gold V70 19.54 (14th Overall)

Well done all.

1st October - Northern X Country Relays - Graves Park Sheffield

This race incorporated the Yorkshire Vets X country relay champs and yet again Bingley provided some excellent results, on a very hot day.

V40 2nd Team behind a very strong Hallamshire squad. Great performance with all 3 coming back from injuries.

1st leg Simon Johnson 11.20
2nd leg Marc Teasey 12.01
3rd leg Stewart Macdonald 11.23

V60 Gold Medal winners 1st team (well done to all three of you), 2nd Team Barnsley and 3rd Team Holmfirth. In leg order....

1st leg Peter Ellerton 15.40
2nd leg Gerry Bell 13.13
3rd leg Bryan Parkinson 13.13 (can't believe the identical times)

And of course the ever reliable Fred Gibbs V70 producing a fabulous performance to complete the 2 mile undulating course in 14.15 (14.27 last year). Unfortunately we couldn't get a team together but Fred insisted on going down on his own - thanks for the effort.

Ladies F35 team - the girls produced a solid performance to finish Silver medal winners behind Holmfirth (but only 34 secs separated the teams) in leg order,

Marisol Carrera 14.02

Ruth Whitehead 13.33

Sarah Jarvis 12.42

Ladies Captain Sue Beconsall ran a superb leg of 12.52 for the B team, but there was no back up of a complete team. Well done Sue - outstanding!!

The whole event capped a brilliant year for the Vets men & ladies amassing a huge stack of medals along the way for the club.

Simon Johnson

04/10/11 - BRADFORD HALF MARATHON

Steve Broadent won the tough Bradford City Run Half marathon on Sunday Oct 2nd in a time of 1hr 15.47, not to be out done Jo Buckley took the 1st female award in a time of 1hr 27.11 and 13th position in a field of 703 finishers.

Full Bingley results to follow.

John Smithurst

29/09/11 WORLD MASTERS MOUNTAIN RUNNING CHAMPIONSHIPS

Paluzza, Italy 17.09.2011

Peter Covey ran a fantastic race to win silver medal. That makes him the 2nd best o/70s mountain runner in the world. Well done Pete.

► [Details Here](#)

29/09/11 JUNIOR GREAT NORTH RUN

Alex Stewart ran the Junior Great North Run and came 15th out of 455 in the Boys age 11-12 category. Alex turned 11 in June and it is the first time he has run in this race, he ran very well particularly to say he was also competing against 12 year olds.

19/09/11 BRITISH ATHLETICS LEAGUE SUPER8 PLATE 2011, DERBY.

The culmination of a long track and field season took place at a blustery Moorways Stadium in Derby, on the 10th September. Team Bingley made the plate final, which on the back of winning the North of England League Division 2 back in August made it one of the most successful seasons in recent history. The Super8 Cup and Plate is the track and field equivalent to 20:20 cricket, the competition takes place in around about 3 hours with a selection of sprints, jumps and throws taken from the full track and field programme. Teams compete in separate men's and women's matches.

Teams travelled from across the UK to compete at the finals and Bingley was one of the teams successful enough to take both men's and women's teams. The competition was strong across all events in rather windy conditions. Bingley took a young team and from the stands it looked like the youngest team there. With athletes only able to compete in 2 events including the relay there were a few gaps on the team sheet, however this did not stop those competing giving it their all.

Many of the team performed well considering it was the second week in September, which is encouraging for next season. With athletes coming back from injury and others in their first year eligible for the senior team, Bingley's women were one of only two teams able to put a relay team in at the end of the day. One significant performance in the men's competition was that of Demetric Nelson, who by giving Bingley its only win of the day equalled his own Bingley record for the 200m, running 22.00. Unlike his previous record breaking run this was electronically timed with a legal wind speed.

A special mention should be made for Nicholas Robinson, who also broke the Bingley record for the men's pole vault earlier in the season at the Tartan Open Games in Gateshead. He cleared his opening height of 3.80m by what looked like a mile from up in the stands, obviously in the form of his life. Sadly however on his second vault, Nick dislocated his elbow, and was unable to take any further part in the competition.

From all the coaches and Team Management I would like to congratulate and thank all those who have competed over this season for the team, and hope everyone has a strong and healthy off season.

Keith Daniel

► [All The Club Records](#)

13/09/11 YORKSHIRE VETS ROAD RELAY CHAMPIONSHIPS

Saltaire, 11th September 2011.

The course went from Roberts park, same as club 5k route along the river bank, back along the canal, down past the garden centre alongside the football pitches and bowling greens, over the 'posting bridge' finishing with a loop around the cricket ground to finish at the café.

A great performance from Bingley and what depth we showed, despite the race clashing with others in the area.

The ladies o/35s were 5th with Sally Robinson (23.17), Marisol Carrera (19.37) and Ruth Whitehead (18.05, 4th fastest of the day)

The Ladies o/45s came in winners with Becky Weight (19.43, 5th fastest) Mary Green (18.44, 2nd fastest) and Andrea Dennison (18.12, Fastest of the day)

The o/70s were magnificent winning Gold with Dave Barber (20.47) George Buckley (19.46) and Fred Gibbs (19.00) they recorded the 3 fastest times of the day (o/70s)

The o/60s A team won Gold with Gerry Bell (18.10, 4th fastest) Bryan Parkinson (17.56, 3rd fastest) and fastest 0/60 time of the day Roy Bailey (17.49)

The o/60s were a man short for the last leg but Bob Dover (19.39) and Mike Smith (19.05) were 6th and 7th fastest of the day.

The o/60s C team finished 5th, first C team, with Michael Long (22.59) Peter Ellerton (21.11) and Bruce Duncan (21.03)

The o/50s were 5th place with Shaun Jordan (17.33) Peter Pyrah (17.01, 11th fastest) and Steve Fry (17.08)

The o/50s B team were 7th, 1st B team with Geronimo; followed by Mark Westman (18.22) and Robert Eccles who despite being held out by a Richard Edward taking out a canoe at the boathouse still clocked 18 10.

The o/40s were 4th with Martin Peace (15.41, 4th fastest) Gary Carty (17.39), Sean Thompson (17.13) and Captain Simon Johnson (16.10)

The o/35s ran in winners with Steve Broadbent(14.30,fastest time of the day),Steve Bailey(15.47,9th fastest),Andy Brown(15.46,8th fastest) and Jamie Robinson(15.38) skidding the top corner to bring in the rear with 7th fastest of the day.

13/09/11 WORLD MOUNTAIN RUNNING CHAMPIONSHIPS

Bingley Harriers Emma Clayton (10th) and Mary Wilkinson (16th) represented GB at the World Mountain Running Championships in Albania and helped the GB Ladies team to the Bronze medal.

► [WMRA Report](#)

13/09/11 JUNIOR FELL RUNNING AT BINGLEY HARRIERS – ANNUAL REPORT 2011

As I write this we're approaching the end of the second full year of my tenure as Junior Fell Manager and the second year of our Junior Fell Championship which has again been kindly sponsored by Sportsshoes Unlimited of Bradford.

As I mentioned in my article in the March magazine, Junior fell running is now well and truly back on track at Bingley.

The junior athletes and their parents who week on week turn out to train and race for our great club make me truly proud to be a member of Bingley Harriers.

For many years myself and my old cronyfriends have been turning up at races and commenting on the lack of young athletes turning out to race on the fells. Why is this we would ask ourselves – are they all too lazy or too scared or are they all playing football or X-box. It's true that these days there are so many other things young folk can do with their time and I'm willing to acknowledge that running up and down hills getting wet and muddy probably doesn't appeal to everyone.

But what I am seeing is a growing bunch of young athletes who've been brave enough to give off-road running a try and found a sport that rewards their efforts regardless of their finishing position. Fell running is a simple sport with few rules that can be enjoyed by anyone. It's incredibly inclusive and whilst everyone who starts a race dreams of winning I'll guarantee you that the biggest cheer of the day is usually reserved for the person who finishes last!

In this year's junior fell championship I've tried something a bit different and included 10 bonus races alongside the 8 championship races to try and ensure that all those who fancied competing had a good chance of being able to make at least one race and get their name on the points table. What I didn't expect to see was athletes aiming to do all 18 races in the series but that's what we have and with 13 races gone there are 5 runners who so far have completed them all! – will anyone make it a clean sweep?

A few years ago you'd be lucky to find a Bingley vest at a junior race but we're now descending en-mass and my dream of seeing a sea of blue and white on the start lines is beginning to be realised.

But we're only a short way down a long road and I want more and more of you young athletes to come and join the Bingley team and give fell running a try. It doesn't matter how fast or slow you are, weather you're a boy or a girl or 7 or 17, all I ask is that you have a go. By the time you read this in the annual report I think there'll be just two races left in our 2011 championship (The Curly Wurly Rat Runs and Shepherds Skyline) both of which have brilliant junior courses. If you fancy having a go let me know and I'll give you all the help and advise I can.

For those who don't yet fancy racing but would like to give off road running a try, why not come and join our junior off-road training on a Saturday morning (9-10am B&B Rugby Club). These sessions are aimed at improving your speed, strength and stamina in a safe and fun environment –if you're happy to get your feet wet and muddy and are willing to scramble up and down a few hills I assure you of a fun time.

I want to finish by thanking all you athletes for running for Bingley on the fells in 2011 and wishing you good luck in the forthcoming cross-country season and on the fells in our Olympic year. I also want to say a massive thank you to the parents of our athletes for giving up their time to stand on windswept hillsides and muddyfields whilst their sons and daughters have fun racing around flying the Bingley colours with pride.

Andy Nicoll

Junior Fell Manager

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13/09/11 WEST YORKSHIRE TRACK & FIELD CHAMPIONSHIPS 2011



Rhea Southcott won 3 medals in the under 11 age group at the West Yorkshire Championships at Cleckheaton on Sunday 04th September, placed first in the long jump, first in the shot putt with a new personal best of 6 metres 26 cm's and second in the 600 metres.

Rhea was presented with a trophy for winning the under 11 West Yorkshire Track and Field League 2011.



28/08/11 BURNSALL JUNIOR FELL RACE

A brilliant turnout again for team blue and white with 18 BH Juniors racing up and down the famous Burnsall hill.

Everyone did brilliantly but my stand out performances of the day go to the Merrick twins who finished 1st in their respective races, Emile who finished 3rd in the under 14s and Joseph Carnelly who, after almost missing the start, ran a fantastic debut fell race to take 3rd in the under 8s.

It was also great to see the team enjoying the other attractions on the show field including sprint races, a human wheelbarrow race and the pet show - where BH juniors also scored well posting a 3rd place for Bo Nicoll and a 2nd place for Olive Mantle! (Abigail's border pup should have won to make it a clean sweep)

Under 8 Boys

3rd Joseph Carnelly
8th Ben Jones
11th Samuel Mantle
14th Jack Colwell

Under 10 Boys

8th Reuben Mantle
22nd Harry Colwell

Under 10 Girls

2nd Lucy Shutt

Under 12 Boys

1st Matthew Merrick
3rd Alex Stewart
9th Ben Nicoll
10th Tommy Thorp
14th Adam Dziedzic
15th Adam Thompson

Under 12 Girls

1st Victoria Merrick
4th Abigail White

Under 14 Boys

3rd Emile Cairness
6th Max Nicoll

Under 14 Girls

5th Katy Boden

Some superb photos of the races and the fun in the field can be found [here](#)

Full results [here](#)

Andy Nicoll

Junior Fell Team Manager

21/08/11 NEW CLUB 200M RECORD



Demetric Nelson has beaten one of the longest standing club records, the 200m, which has stood for 15 years, with a time of 22.0s. Well done Demetric!

► [All the Club Records](#)



21/08/11 NORTH OF ENGLAND TRACK AND FIELD LEAGUE

Sunday 14th August 2011



The last league meeting of the season was held at Ashton under Lyne, and whilst not being ideal weather conditions we had a great day out which ended with us being declared Div 2wc champions.

Both the men and women's team managers were a bit concerned at the start due to the lack of some of the regular team members, but such is the team spirit that has been built up this concern did not seem to be shown at track level and we were treated to some fine performances from a great team. The endurance section deserves a mention especially because of their enthusiasm for events they are not normally associated with, I am sure that we will now see more fell and road runners on the track in future.

Perhaps one of the highlights had to be the relays as the last events of the day when we did not know how the results were going and the team members who had done more events than normal had to dig further into their reserves and put their last efforts into the final races which were the men's 4x100 and 4x400 and they won them in grand style bringing the day to a great finish.

Congratulations are also due to Demetric Nelson who ran the 200 metres in 22.0 secs. during the day which broke the existing club record that had been set 15 years

ago.

Thanks go to all because this was a true team effort which included officials, some dragged in at the last minute including the bus driver, and athletes all making up Team Bingley.

The actual results will be posted when they have been checked and adjudicated, although we were presented with the trophy!

Colin Daniel

21/08/11 LATEST RESULTS FROM THE VETS

I keep scanning the results web sites and have picked out some fine performances by the Vets brigade. The same names keep popping up - they must be injury free, I'll be getting their secrets and will passing them on to all.

24 July - Harrogate 10k

Excellent times by

21st Peter Pyrah V55 37.05

39th Sean Thompson V40 38.16

Idle Trail Race - 07 August, well done to the 3 Musketeers

Stuart Thompson V60 43.46

Bryan Parkinson V60 43.55 (good sprint finish?)

David Barber V70 50.24

Northern Vets 10k - Blackpool 14/8

Team Position 1st over 50

19th Peter Pyrah V55 37.33 (brilliant)

42nd Bryan Parkinson 41.23

and 62nd Fred Gibbs V70 43.21

Very good times. Well done lads, keep flying the blue & white flag!

Stuart Thompson thought he could have a secret race at the Arncliffe Fete 4 - Skipton but I spotted him in 15th place 25.44

I have also seen some excellent performances in the Bradford Park Runs, lets hope these same runners show that same turn of speed in the relays - I still need plenty of names of all abilities.

Yorkshire Vets Relays Sunday 11th Sept - Roberts Park - Saltaire

IT'S FOR EVERYBODY. E mail me at simonajohnson2002@yahoo.co.uk

13/08/11 HELLIFIELD GALA RACE - BINGLEY HARRIERS / SPORTSSHOES UNLIMITED JUNIOR FELL CHAMPIONSHIP - RACE 5

Forming part of the local Gala, this year the Hellifield races were also the Yorkshire Junior Fell Championship races for 2011 so the quality of athletes taking to the hills was very high indeed. The young men and ladies winning these races will undoubtedly be the senior fell champions of the future and a number of them in the older junior ranks are already starting to win races outright. I decided to put the Hellifield races into this year's championship to see how our young athletes would fair against the best in the country and they certainly did not disappoint. The weather was terrible for the gala but it couldn't dampen the enthusiasm of the athletes – whether the same could be said of the parents I'm not so sure.....

There was no separate race for the under 8s so Samuel Mantle and William Moorehouse were running with some 'oldies' but they still did very well to come home in 33rd and 20th place respectively behind Reuben Mantle who ran well to finish in 7th and Lucy Shutt in a fantastic 15th overall and second girl. Unfortunately, the under 10s race is a non championship event otherwise Lucy would have got herself a Yorkshire silver medal to add to her collection – keep up the hard work Lucy I'm sure your time will come in the Under 12s.

In the Under 12s race Matthew Merrick ran an absolutely superb race to finish in 4th place just 5 agonising seconds off a bronze medal. This for me was Bingley's performance of the day but was almost topped by Matthew's twin sister Vicky Merrick who also just missed out on a medal as 4th girl in 14th overall. These are performances you should both be very proud of! Alex Stewart didn't have the best of days but still managed a very creditable 12th place and he was followed home by Bingley regulars Henry Moorehouse, Ben Nicoll, Abigail White and Olivia Roper.

In the under 14s category our two representatives were Katy Boden and Max Nicoll who once again battled with each other from start to finish. This time it was Katy's day of glory coming home in 15th overall just 4 seconds and one place in front of Max.

Full results and some great pictures can be found on the Yorkshire pages of Dave Woodhead's site [►Here](#)

Andy Nicoll - Junior Fell Manager

[►Latest Standings](#)

13/08/11 YORK INGRAMS LEAGUE



Rebekah and Sophie Tiler competed in the final York Ingrams League on 8th August. Rebekah was first overall for U13 and got a trophy, Rebekah also broke the all time record for the 150m with a time of 19.5. Sophie was 2nd overall for U11 even though she is only 8, she got 11.9 for 75m and a personal best distance of 4.06 for the shot.

13/08/11 WEST YORKSHIRE TRACK AND FIELD LEAGUE 2011

Rhea Southcott attended the final round of W.Y.T. & F. At Wakefield on Saturday 30th July 2011.

Rhea achieved first place in under 11 girls by a margin of 28 points, over 6 meetings.

Bingley Harriers under 11 girls won the team event with 72 points, this was 14 points above the nearest rivals, Skyrac, who came second.

03/08/11 WHITTLE PIKE FELL RACE

A hot and humid Rossendale was the venue for this year's penultimate English Fell Championship race. Despite injuries to some of our runners leading up to the event it was good to see another strong turnout for Bingley at the start line.

Leading on the final descent and looking to maintain his position at the top of the Championship table, Rob Jebb took a bad fall, dislocating his shoulder in the process. Needless to say, with such a painful injury, Rob was out of the race. We wish Rob a speedy recovery.

Ian Holmes therefore placed first Bingley runner home in a fantastic 6th place, just over a minute behind race winner Lloyd Taggart. As throughout this year's Championship, it was another good performance by the team. Along with Ian, the counters were: Ged Callan (35th), Lee Athersmith (36th), Andy Jebb (41st) and Andy Brown (46th – good to see Andy B racing on the fells).

Other notable Bingley performances on the day came from Adam Worrallo in 1st place and Peter Covey 1st V/U. 203 runners completed the race.

The final English Fell Champs race will be Sedbergh Hills on August 21st. Pre-entry only.

James Senior

03/08/11 - EMMA BREAKS STEEPLECHASE RECORD (AGAIN!)

Emma Raven continues her success in coming second in the 3000m Steeplechase at the Aviva UK Trials and Championships in Birmingham. Emma's time of 10.24.24 sets a new Bingley Harriers Club record and reduces her own record set earlier this year by almost 10 seconds.

► [All the Club Records](#)

23/07/11 WIDDOP - JUNIOR REPORT

12 Bingley juniors raced midweek at Widdop fell race including a brand new member Jessica Manning.

William Moorehouse was our only representative in the Under 8s category and he came home in 6th place.

With Reuben missing our only Under 10 runner was Lucy Shutt who ran strongly to finish in 8th overall.

Once again it was the Under 12s that provided most of the Bingley action with Alex Stewart and Matthew Merrick running superbly together to finish 2nd and 3rd overall just a few seconds behind the winner. Next home was Ben Nicoll who was very closely followed by the star performer of the night Victoria Merrick who was not only first girl home but who broke the Under 12 girls course record to add her name to the Calder Valley history books! Well done to Victoria record breaking performances like this don't come easy – your dedication to training and racing is certainly paying off. Just 12 seconds further back and 3rd girl overall was our new team member Jessica Manning – a brilliant performance and I suspect a sign of great things to come. Henry Moorehouse, Abigail White and Olivia Roper rounded off another great Bingley performance in this age group – what a team!

The under 14s course was considerably longer than the younger age groups and Katy Boden was running for almost 30 minutes to claim her 3rd girl position (Katy I still have a box of chocolates for you from the Kettlewell race – better get them quick before my boys spot them!)

Finally Gordon Weight powered round the Under 16s course to come home in 2nd place less than 2 minutes down on the winner who had also set a new course record.

Some outstanding performances from our junior fell team and great to see another new member joining the gang.

Andy Nicoll

23/07/11 BINGLEY BOYS BAG BOB

Bob Graham Round – 15th / 16th July 2011

Andy Nicoll and Dave Stephenson – Bingley Harriers

Following a traditional ultra runner's meal of fish and chips, myself and Dave Stephenson tapped the door of the Moot Hall at 7pm on Friday 15th July 2011 and set off in a clockwise direction to attempt the Bob Graham Round.

Despite the weather forecasts all being bad and the MWIS suggesting that the chance of cloud free summits was just 10%, the weather was kind – cool with high cloud and little wind, perfect for a BG.

Leg 1 went without a hitch and good time up Skiddaw, Calva and Blencathra put us ahead of schedule at Threlkeld. Not needing head-torches to descend Halls Fell was a bonus although Jamie Robinson who was pacing leg 1 with Robin Lawrence later admitted to finding it a bit on the scary side.

Following a quick changeover we headed up Clough Head in good spirits with Ged Callan and Mick Wren pacing but as we neared the summit the weather turned. Low cloud, wind and driving rain would now be with us for the next 19 hours!

Leg 2 was very tough and slow in the cloud and with viz down to around 20 meters, running on bearings was the only option. A lengthy stop at the Helvellyn shelter to add layers and food cost us time but was much needed and the climb up Fairfield via Cofa Pike helped to keep us warm. We veered right off Seat Sandal by mistake but our line down Raise Beck appeared to be quicker than another team who we saw battling down through the bracken.

Andy Brown did a stunning job of leading Dave and I plus Andy Peace and John Parkin on leg 3 and helped us pull back time but again the weather made the going very heavy. Although we had a rope on Broad Stand kindly rigged and manned by Owen and Iain Taylor, the fact that neither of us were climbers and there was a waterfall coming over the slippery crag made our ascent to Scafell summit very slow. We then had to descend to Wasdale via the walkers' path as Lingmell Gill was too broad and too fast to cross.

At this point I thought our chance of a sub 24 had gone but we both still felt physically strong so there was no thought of quitting. Instead we gritted teeth and decided to pull out all the stops and go for it. A fantastic bit of leading on leg 4 from a virtually unknown pacer Andy Gibbons plus lots of encouragement from Aly Raw and Sarah Rowell delivered us to Honister with 3.5 hours to spare. Only at this point did I truly believe it was back on.

Remembering the note on the BG map 'if time is tight, don't stop' we grabbed some grub and set off up Dale Head without breaking stride.

The weather on leg 5 eased a little allowed our big gang which now included Neil Hankinson, Vic Wilkinson, Steve Fry and Phil Helliwell to make good time and a great line off Robinson to the reservoir left just the road section to complete. An army of supporters at Newlands including Kerry and Rick Gilchrist raised the spirits and as the sun started to shine after 20 hours of hiding I jogged up Keswick main street to hit the Moot Hall door at 6.09pm 23 hours and 9 minutes after we'd left it. (Dave finished 14 minutes later at 6.23pm).

Andy Nicoll

Bingley Harriers

18/07/11 - EUROPEAN MOUNTAIN RUNNING CHAMPIONSHIPS

In her first seniot event Emma Clayton finished an excellent 10th with a time of 50.53, just over 2 minutes behind Martina Strahl of Switzerland. Victoria Wilkinson was 28th in 53.19. Team GB finished 6th.

► [Read More](#)

► [Full Results](#)

12/07/11 UNIVERSITY ACADEMY KEIGHLEY TRACK - DIAMOND LEAGUE COMPETITOR

Out of the blue Bingley Harriers got a call to ask if Leevan Sands, the Bahamas Triple Jumper, could train with Bingley Harriers last Thursday in preparation for the Diamond League Grand Prix meeting at Birmingham.

Leevan won the Bronze Medal at the Beijing Olympics and has countless World medals to his name and was staying with relatives

Leevan won the bronze medal at the Beijing Olympics and has countless World medals to his name and was staying with relatives locally in readiness for the Birmingham event. Leevan trained and gave the Bingley Harriers jumpers some useful tips and they could observe his warm up and practice routines.

Christine (Junior Coach co-ordinator) and Janet (junior coach) said they gave Leevan some tips especially on how to cope with the horizontal rain experienced in Keighley.

At the Diamond League event Leevan jumped 16.96m and finished 4th with Phillips Idowu winning with a leap of 17.94.

Alan Oates

12/07/11 TTT (SENIORS)

Along with the great performances of our Junior's (see Andy Nichol's report), Bingley's Senior men also starred at last weekend's Wharfedale TTT series.

In the Saturday midday heat Andy Jebb captured his maiden fell race win with a storming run over the 12 mile course. Well done to Andy. Tim Midgley also had a great run over the rough terrain coming home just 9 seconds behind Andy in a close finish. Bingley made it a one, two, three with Andy Peace another 30 seconds behind Tim.

Andy Peace got his reward the following day winning the short 1.5 mile fell race in 13:29. Under 16 Gordon Weight showed he can already mix it with the Senior men finishing in a fantastic 7th place just over a minute behind Andy. Great run Gordon. Adding to his 3rd place in Friday's uphill road race Andy Peace also took the TTT series ahead of Wharfedale's in form Sam Watson.

So a great weekend on the fells for the Andy's of Bingley.

James Senior

05/07/11 NORTHERN LEAGUE MATCH 3

Bingley Harriers @ Blackburn in the Division 2 WC Track & Field match

A superb Sunday afternoons athletics league match took place at Witton Park, Blackburn. The weather conditions were perfect – warm sunny and very little wind. The Bingley athletes made the most of the excellent conditions and we thought on the day had come away with a very close victory over Lancashire rivals Bolton. However after the event it was found that Bolton had not been credited

points for a Long Jump competitor so the points shifted from a 3 points win to second place losing out by 2 points. Bingley are still top of the table by one point over Bolton so it all now depends on the last match at Ashton-u-Lyne on August 14th.

The field events started with double firsts in the women's Long Jump with Harriet Pickles winning the A string with a leap of 5.08m and ably accompanied by Katie James winning the B with 4.95m. Amy Howard had an excellent day winning the A string Hammer with 39.72m and Jessica Mayho fresh from her bronze medal at the English Schools Championships in Gateshead won the B string with 37.41m. Sarah Benson had competed the previous day for her higher claim club Cardiff in Edinburgh but still had enough to win the Shot with 12.04m and the Discus with 34.53m.

On the track Jo Buckley made her debut and had an outstanding win in the 3k with a time of 10.13.8sec and was able to contest the 1500m and gain valuable points for the team. Bingley's Men were in good form with Demetric Nelson and Harrison Foster winning A&B strings in the 100m and 200m. Oliver Robinson another athlete who competed on Saturday for his higher claim club Derby came up with the goods winning the 400m Hurdles, sprint Hurdles and the 400m flat race. In the field Ian Lindley is now returning to good form and won the A String Discus and again support was there from Jason Scott in the B string. The relays finish off the match and Bingley's Men were victorious in the 4x100m winning by a margin of 2 seconds, the team being Demetric Nelson, Oliver Robinson, Harrison Foster and Larry Animashaun. The final result after scrutiny was 1st Bolton 414, 2nd Bingley 412, 3rd East Cheshire, 4th Burnley & Pendle, 5th Spenborough and 6th Leeds City – we are still checking those results!!

Christine Oates

04/07/11 TTT JUNIOR RACES (KETTLEWELL)

What a great weekend!! Kerry, Rick and team once again organised a fantastic weekend's racing at this year's Triple T (TTT).

This year for the very first time we planned a couple of brand new courses for younger junior athletes and held Under 8, Under 10 and Under 12 races on the Saturday evening then encouraged Under 14 and Under 16 athletes to run in the short senior fell race on the Sunday morning.

I think this trial run of junior races worked well enough to give it a bigger push next year but I would really appreciate feedback from the junior runners and their parents about anything that could be improved / changed.

In total we had 24 junior runners race at this year's event in categories ranging from under 8 to under 16 – see results on Bingley Harriers homepage / forum.

I think all the junior runners did brilliantly regardless of finishing position or time, in my mind, anyone brave enough to pin on a number and have a go should be applauded. That said, there were a few stand-out performances that deserve a special mention. Firstly, William Moorehouse who stormed to another great victory in the Under 8s, followed by a runaway victory for Alex Stewart in the Under 12s race. Then on Sunday morning, Gordon Weight ran a stunning race to come home in 7th overall against a quality senior field (walloping me along the way!)

I really hope all you juniors, parents and first time campers had a great time and I hope to see even more of you next year

Andy Nicoll

Junior Fell Manager

► [Full Results](#)

04/07/11 U23 UK CHAMPIONSHIPS

Bedford 25th and 26th June

Bingley Harriers throwing trio Sarah Benson, Jessica Mayho and Adanna OKEAHIALAM mixed it with the UK's U23 best.

Benson came the closest to grabbing a medal, holding 3 spot in the shot with a throw of 12.95m until the 5th round. Hannah Evenden, 2nd to Benson last week at the Northern Championships threw 13.22m, Benson was unable to respond. Winning throw 16.08 – Rachel Wallander.

In the discus Mayho was 7th with a throw of 48.1m and Okeahialam was 11th with a throw of 44.4m

Winning throw Abbi Carter from Hull 55.8m.

All Bingley's athletes were pleased to compete with the best, however disappointed at not giving a better performance.

discus U23 men's

took a championship record to win the U23 mens discus. Both Brett Morse Birchfield and Lawrence OKOYE Croydon both throwing over 60m.

Chris took to the discus last year after being pushed for the women's best throw of 64.05m with Mary Oad with a

Okoye only took up the discus last year after playing rugby for the wasps beat Morse with a throw of 61.05m with Morse 2nd with a throw of 60.61. The wind was almost ideal blowing into net. Slightly too strong.

Dave Benson

04/07/11 LOUGHRIGG & SILVERHOWE CHASE FELL RACE

Ambleside, in the Lake District, was the setting for the fourth race in this year's English Fell Running Championship. Cooler than expected conditions helped over this tough 8.5 mile course, with a total of 771 metres of climb. The race saw the Bingley men yet again produce great individual and team performances in this year's Championship.

Ian Holmes was once again in imperious form, beating a top quality field in a winning time of 01:08:20. In a role reversal of the positions at the Duddon race 3 weeks ago, Rob Jebb came home in 3rd place, just 23 seconds behind Ian. Rob had been ahead of Ian for much of the race alongside Mercia's Andrew Davies, but Ian had the last word in the final straight. Well done to Ian and Rob. This result also keeps Rob in top spot for the overall Championship title with two races to go, though Ian may just be catching him up now!

It was also great to see the performance of Lee Athersmith, finishing in 20th place in a time of 01:14:02. Lee is certainly back to his best on the fells. Fourth man home for the team was Andy Peace sneaking into the top 30 in a time of 01:16:47, with another consistent run from Andy Jebb not too far behind in 44th position ensuring the team scored highly in the Championship.

Aly Raw also had a good run in the Ladies race finishing 9th overall. Well done to all.

James Senior

04/07/11 - MISSING TEAM ACHIEVEMENT

It has been pointed out that further to the clubs success at this years BMAF 5k Championships Bingley also won the V/35 Mens Gold at last years event. The clubs records have been updated to reflect this team achievement by Steven Bailey, Pete Pyrah and Mark Westman. Bingley also picked up silver in the V/40 category thanks to Andy Peace, Stewart MacDonald, Simon Johnson and Marc Teasey.

► [BMAF Report](#)

► [All the Clubs Team Titles](#)

28/06/11 - ELDWICK GALA JUNIOR TRAIL RACE

What a great turnout we had on Saturday for the second running of the Eldwick Gala Junior 1 mile trail race.

Even the grotty weather didn't stop almost 50 juniors pinning on a number and roaring round the 1 mile undulating course.

As the race had a slightly different finish to last year (due to the wrecked rec) I'm afraid the records will have to stand, although I suspect they could have been broken had the full course been used.

The race was won by James Lund of Keighley and Craven in a time of 5.48 which for a course that is just short of 1 mile long is pretty impressive - he even had time to fall over and drag himself back out of the only bog on the course and still come home in the lead.

First girl home was the ever improving Victoria Merrick in a brilliant time of 6.40. Vicky's commitment to training is really starting to pay off and I reckon she'll soon be appearing on the shoulder of her brother!

As the race seems popular, next year we're planning to hold it as a separate event outside of the senior race. Hopefully this will make it easier for parents and juniors to both run and a little easier for the timekeepers.

A big thank you to you all for making it a success - I hope you had fun!

Andy Nicoll

► [Results](#)

28/06/11 BRADFORD MILLENNIUM WAY RELAY

Bingley produced their best BMWR performance in 10 years of this event being held, storming to victory by over 25 minutes from their nearest rivals.

Leg records also tumbled on leg 2 (Andy Peace & Ian Holmes) and leg 3 (Marc Teasey & Sarah Jarvis).

Following Robin Lawrence & Chris Edwin getting the team off to a good start, handing over in 5th at the end of leg 1, Bingley took full control taking and extending their lead for the rest of the race.

Along with legs 2 & 3, the team also set the fastest times of the day for leg 4 (Andy Jebb & Ged Callan) and on leg 5 (Stephen Broadbent & Lee Athersmith, bringing the team home).

So, a fantastic all round team performance for Bingley's first BMWR win and to top it off a new course record of 5hrs 29mins. Well done all. Special thanks also to Sarah, who interrupted her training schedule, for stepping in at the last minute as super sub.

The Ladies Team also had a good result on the day finishing 4th in their category and the Bingley B boys coming home in a very credible 16th overall position. 51 teams completed the race.

James Senior

25/06/11 - JANE TOMLINSON 10K



"Will be still be doing this race when we are 70?"

This is the question Sue Whiteley asked me on Sunday, June 19th, when for the fifth year running we took part in the Jane Tomlinson race in Leeds.

We certainly hope to and there are undoubtedly some fast and lively septuagenarians running for Bingley Harriers. In fact we bumped into Arthur, an Eccleshill roadrunner, a cheery old guy who I've seen on numerous road races over the years, who loves to greet people with "I'm 76 you know!"

Arthur discovered a couple of years ago that he had a heart condition and he revealed he was running the Jane Tomlinson race just three weeks after knee surgery flashing his livid



...weeks after knee surgery, mashing the mile scars to prove it.
Jane Tomlinson was a truly astonishing woman and it is only when you read her

autobiographies that you realise just how immense her achievements were both on the road and in the saddle as she battled with searing pain and sickness following her chemotherapy right up until the end.
So no matter how tired, fed up and grumpy we feel, such as when it was bucketing it down with rain last Sunday morning, we know we have to turn up because Jane had far more reason than us not to do a race, but she never gave up.
And that is why we have pledged to do the Jane Tomlinson race until we are 70 – and it looks like Arthur feels the same – except he is

heading for 80!

Sue persuaded the latest recruits to the steady group, Heather Pearson and Phil Hawkswell, to do the race with us. This was their first 10K race and they thoroughly enjoyed the atmosphere – Phil in particular saluting the Romans, cheering on the Flintstones and chatting up the Fairies.

It is a great race to participate in, especially for first timers who may be daunted by fast races that don't have the camaraderie and colour of the Jane Tomlinson race.

I completed the course in 1:09:48, Phil clipping my heels with a time of 1:09:49, Sue followed with a time of 1:14:55 and Heather finished in 1:18:28. Heather and Phil haven't been running for long at all, only doing a couple of miles before coming along on club night a month ago. Heather, 47, and Phil, 57, prove that you can still join a running club at any age, get into races and enjoy this amazing sport that brings national champions and steady runners together. The London Marathon is a perfect example of this philosophy. Is a marathon on the cards Heather and Phil?

Jane Lewis (The Steady Group)

Pictured (L-R) Heather, Jane, Sue, Phil

25/06/11 - MORE RECORDS TUMBLE

At the Northern Counties Championships (see below) the time set by Oliver Robinson in the 400m hurdles (52.42) is a new club record. Emma Raven's 5000m time of 16:40.39

► [All the Club Records](#)

23/06/11 GOLD'S FOR BINGLEY

The Championships were held as usual at Horwich on a tough course in windy conditions.

Bingley had a smaller number competing than last year but featured in the medals.

1st Lady O/60 Pauline Smith

1st Team Male 55/64 Pete Pyrah, Shaun Jordan, Gerry Bell

Neil Robson was 6th in his age group 0/60 as was Mike Smith 0/65

► [All the Clubs Individual Champions](#)

► [All the Clubs Team Titles](#)

23/06/11 - VICTORIA AND EMMA SELECTED FOR GB

Victoria Wilkinson and Emma Clayton have been selected to represent GB at the European Mountain Running Championships to be held in Bursa, Turkey, on 10th July. They earned their places after finishing 1st (Victoria) and 3rd (Emma) at the inaugural UKA Mountain Running Championships in Keswick on 12th June. The course covered 8.9km with 900m of ascent. Victoria clocked 55.42 and Emma 56.07. Congratulations and good luck for Turkey. This also means that Bingley are providing 50% of the GB team.

► [All the Clubs Internationals](#)

22/06/11 NORTHERN COUNTIES CHAMPIONSHIPS

u20 and seniors 18&19th June 2011

Venue Sports City Manchester.

Gold X 3

Silver X1

Bronze X 1

Under 20 Women Hammer FINAL

1 482 Abbi Carter	Kingston upon Hull AC	55.86
2 509 Jessica Mayho	Bingley Harriers	49.91
3 519 Adanna Okeahialam	Bingley Harriers	45.88
4 537 Rebecca Simpson	North Shields Poly	43.65
5 471 Katy Barnard	Border Harriers & AC	43.59

Silver and Bronze

Despite having no specific event training facilities provided within the Bradford area, Bingley's young and talented rising stars produced medal performance throws. Jessica just missing out on breaking the 50m barrier.

Senior Women 5000m FINAL

1 296 Emma Raven	Bingley Harriers	16:40.39
2 285 Jo Maddick	Kingston upon Hull AC	16:57.24
3 337 Tessa Walker	Salford Harriers	17:27.93
4 313 Kate Spilsbury	Vale Royal	18:28.46
5 272 Samantha Johnson	Wombwell SAC	19:08.21
6 254 Lauren havercroft	Kingston upon Hull AC	20:12.10

Gold

In an all time best performance, Emma Raven stormed to victory, running solo from lap 3, the PB came despite not ideal conditions - swirling cross wind.

Emma was delighted with her performance and is looking forward to the next competition, Emma had originally entered for the 1500m but felt she wasn't fast enough.

Senior womens Shot Putt Final

1	219 Sarah Benson	Bingley Harriers	13.26
2	242 Hannah Evenden	Edinburgh AC	12.58
3	237 Jasmin Dotzek	Sale Harriers Manchester	11.30
4	284 Jenny Lumley	Leeds City AC	11.08
5	319 Jess Taylor	Sale Harriers Manchester	10.87
6	240 Karla Drew	City of Sheffield AC	10.49

Gold

Sarah on her 2nd throw took the lead with a throw of 12.59, Hannah the defending Northern Champion and GB representative responded in the 5th round with a throw of 12.58m.

Going into the last round with only 1cm separating, Hannah threw the 4kg shot first, 12.32m. Knowing Gold was hers, the relaxed Sarah threw an outdoor PB of 13.26m (Indoor PB 13.48m). This was Sarah's first win at a major competition.

Senior Mens 400mH

1	163 Oliver Robinson	Bingley Harriers	52.41
2	164 Adam Rogers	Sale Harriers Manchester	53.30
3	72 Thomas Grantham	City of Sheffield AC	53.72
4	81 Michael Haslett	Cardiff AC	54.43
5	94 Daniel Holiday	Kingston upon Hull AC	55.59
6	50 Daniel Eckersley	Kingston & Poly AC	55.81
7	114 Chris Lowe	Macclesfield Harriers	58.58

Gold

Oliver, Bingley's supportive senior athlete in the track and field delivered another impressive performance winning run in the 400m hurdles. Taking 1st place from Adam Rogers.

22/06/11 WEST YORKSHIRE SCHOOLS CHAMPIONSHIP

Leading positions were :

Carly Robertson 1st in SG 1500m

Jess Mayho 1st in SG Hammer

Chloe Holden-Wilson 2nd in IG 200m

Lydia McQuiston 2nd in IG Triple Jump

Demetric Nelson 2nd in SB 200m

Amy Pollard 3rd in JG 200m

James Abbott 3rd in JB 100m

Ben Marriott 3rd in SB 1500m

The following have been selected to represent West Yorkshire in the ESAA Championship (Good luck to them all!)

Jess Mayho in the SG Hammer

James Abbott in the JB 100m

Demetric Nelson in the SB 200m

Ben Marriott in the SB 1500m

Tony Kingham

22/06/11 BRADFORD SCHOOLS CHAMPIONSHIP

New Championship Bests were set by :

Lydia McQuiston IG Triple Jump

Jess Mayho SG Hammer

Sam Afari JB 100m

Demetric Nelson SB 200m

Other winners were :

Amy Pollard JG 200m

Stacey Rooke JG Long Jump

Chloe Holden-Wilson IG 200m

Natalie Brown IG 800m

Carly Robertson SG 1500m

Luca Zenti JB 1500m

Gordon Weight IB 1500m

Jack Thorp SB 800m

Tony Kingham

14/06/11 WEETS (BINGLEY HARRIERS / SPORTSSHOES UNLIMITED - RACE 4)

Although this was the 40th running of the Weets fell race this was the first time they had run junior categories.

Despite the distance from home, Bingley Harriers turned out a fantastic team of juniors easily outnumbering all other clubs. In fact in

Despite the distance from home, Bingley Harriers turned out a fantastic team of juniors easily outnumbering all other clubs. In fact, in the under 14s race it was all Bingley except for a solitary Clayton runner.

In the under 9s race William Moorehouse VERY nearly got his first win just being pipped to the line after a little stumble on the final climb – your time will come Will. In the other categories there was some very good close racing as the results show but Max was a little disturbed to be renamed May and classed as a girl – I think a haircut is on the cards!

Also for the record, Ben Jones certainly DID NOT DNF – not sure what happened here but Ben ran a great race and finished 4th overall – we even have photographic evidence.

Andy Nicoll - Junior Fell Manager

[Full results here \(scroll down for juniors - pdf\)](#)

13/06/11 JOHN CARR 5K SERIES

These races are always very well represented by Bingley Vets year upon year and this year proved to be no exception.

The first race incorporated the Yorkshire Vets Champs and we can boast 4 champions in their respective categories - well done to Andy Brown V35, Simon Johnson V45, Perter Pyrah V55 and Peter Covey V70 - excellent performances.

For competing all 3 races with winning cumulative totals again well done to Andy Brown V35, Gerry Berll V60 and Fred Gibbs V70. In fact if you look at the results overall on the YVAA.org web site for all 3 races the V60 and V70 are doing the Vets very proud. Not naming them all, I know who you all are and a special mention goes to those chaps. Other special mentions go to Richard Newman and notably Rob Eccles V50 back in the running fold, I hope to see more of you Rob.

The models of consistency awards go to yet again Andy Brown V35, Neil Robson V60, George Buckley V70 and John Smithurst V70 who ran all 3 races in nearly identical times.

There are many more reports to come in the future and it will be a difficult choice to pick my Vet of the Month in the coming months but for May it has to be Fred Gibbs for his performances at the John Carr series and for representing Bingley on his own at the BMAF relays - Very well done mate.

Simon Johnson - Vets Captain

13/06/11 DUDDON FELL RACE

Rob Jebb once again showed his class over the longer distance with a great win at the Duddon fell race last Saturday. Rob beat a quality field over the 20 mile course in the southern Lake District. The race was the 3rd counter in this year's English Fell Championship and this result puts him in the lead for the Championship title with three races to go. Well done Rob.

The Team also had a very good day with Ian Holmes finishing a terrific 3rd overall and first V45. Andy Peace also put in a strong performance to make it three Harriers inside the top 10, finishing in 9th place.

The closely matched Andy Jebb and Ged Callan came home in a fine 39th and 48th place respectively, helping the Team to finish 2nd overall in the race. It was also good to see Adam Worrall's long distance training paying off finishing just inside the top 100 and 6th counter for the Team. There were 268 finishers.

Well done to all the Harriers who ran, especially given the warmer than average conditions for the time of year. The final three English Fell Championship races will be:

Loughrigg & Silverhowe - Medium (26th June)

Whittle Pike – Short (30th July)

Sebergh Hills – Long (21st August)

James Senior

08/06/11 NORTHERN TRACK & FIELD LEAGUE

MATCH 2 CLECKHEATON 4TH JUNE 2011

The second match in a series of 4 took place at Cleckheaton on a sunny but quite windy day. The Bingley athletes adapted themselves really well. Oliver Robinson won all his events – the 400m Hurdles 53.9, 110m Hurdles 16.9 and 400m 50.8. We welcomed back Ian Lindley who certainly strengthened our Men's throwing squad by putting the shot in a seasons best of 12.85m. The Men's 4 x100m relay won the event, the team members being Demetric Nelson, Oliver Robinson, Harrison Foster & Matthew Walker. Our Ladies section proved how strong they usually are with Carly Robertson winning the 1500m in a time of 4.55.9 and was supported by Jenna Killock winning the B string. New recruit to Bingley is Scottish International Emma Raven who won the 3k with relative ease in the windy conditions clocking 9.37.7 not far short of her personal best. Jessica Mayo is improving all the time in the hammer with a winning personal best of 48.54m. Janine Crosby won the Discus with a throw of 36.25m and again support was there with the Beckfoot multi-talented P.E. teacher Amy Howard.

Bingley's fine performances resulted in them winning the match by almost 40 points.

Christine Oates

Ladies Track & Field Team Manager

08/06/11 NATIONAL YOUNG ATHLETES LEAGUE DIVISION 1

The Bingley Team struggled for numbers at the first match on 8th May on their visit to Bolton and came in 3rd out of 3 teams. Relegation spot looming. At the second match on 22nd May the team visited Cudworth and came home in first place giving the points tally a boost but still near the foot of the table as points scored overall is the deciding factor. The next match meant a trip to Robin Park, Wigan (all these fixtures are supposed to be local) where again we were struggling on numbers although managed to finish second behind a combined Cumbria team.

The last match is on 19th June our 'home' match at Thornes Park Wakefield where Bingley have to host as there is no suitable venue in Bradford. If any juniors in the Under 13, 15 or 17 age groups can help fill a spot whether it is sprints, middle distance or the field

events please contact the Team managers ASAP. We do need to fill places if we are to avoid relegation.

01/06/11 JURA FELL RACE

A small band of Harriers also made the annual pilgrimage to this year's Jura Fell race. The race takes in 17 miles of the some of the roughest terrain on the fell circuit together with 7700 feet of total climb. Ian Holmes had yet another great run at this event finishing 2nd overall and 1st Veteran. Well done also to Andy Jebb on his PB at the race, clocking his first sub 4 hour time at the race and finishing in 10th place overall. Aly Raw also had a great run coming home in 4hrs 49mins.

01/06/11 AUSTWICK AMBLE

Lee Athersmith continued his good running form as he eased to victory in the 8 mile Austwick Amble race this weekend in a winning time of 48mins 52secs.

30/05/11 BADGER STONE RELAYS

Last Wednesday Ilkley Harriers staged the Badger Stone Relays from the White House on Ilkley Moor.

In total 44 teams of three runners took part and Bingley provided 5 of them all running in the adult + junior categories.

Adults did a 2 mile lap and juniors did a 1 mile lap both of which were very well marked and marshalled and provided a tough challenge to both junior and senior athletes.

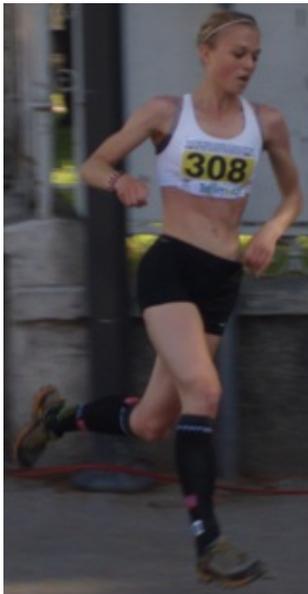
Anne Marie Roper crossed the line proclaiming that she'd 'never run a fell race again!' But I saw her this morning and she said she thinks she'll do better next year....

Lucy Shutt had to wait a while for her turn to run so the rest of the Bingley Harriers Junior Posse pulled off their numbers and chaperoned her round the lap - what a team!

Andi Nicoll

Full results can be found at ilkleyharriers.org.uk/index.php?page=badgerstone.

30/05/11 WMRA GRAND PRIX - ITALY



Top young British mountain runner Emma Clayton mixed it with some of the best in Europe this weekend at the first of this year's WMRA Grand Prix races in Italy. Running the individual event Clayton finished a superb second, behind winner Lucija Krkoc...

Photo courtesy of Ste Moran

Full article from mud sweat and tears ► [Full Article](#)

24/05/11 OLD SILENT, STANBURY

A big thank you goes out to the Bingley Harriers who joined in this new theme run and pub lunch on Sunday 22nd. Three groups headed off into the wild wind - one group stayed religiously on the pre-arranged route - taking in Withins, Penistone and Oldfield, the middle group went wildly off track and the fast group managed to clock up an impressive 14 miles with a route going strangely off course in the last few miles! It was windy out there, with a mixed bag of all weathers (sun, rain, hail, sleet!) so well done also to the walkers that still came to join in!

After the run all headed to welcoming Old Silent, Stanbury where we were met by children and partners for good old Sunday grub, though an incident of locking keys in a very new car meant one hapless harrier had his lunch much later than planned! The biggest silence of the day came when the waitress announced that nine plate pies had been ordered...but only seven were available. Who was going to give in first? Eventually Jamie Robinson and Dave Stephenson gallantly fell on their sword and missed out on a real pub grub treat.

The Old Silent was a fantastic location for a run and the pub food was certainly well received. The added extra of a warm room to

change in and space to take over the pre-booked conservatory area made it a really pleasant afternoon.
 Next social vent from me - Curry Night Tuesday 5th July - details to be circulated.
 Mary Webb

24/05/11 YORKSHIRE COUNTY TRACK AND FIELD CHAMPIONSHIPS 2011

Jess Mayho Winner of Junior Womens Hammer 48.29m
 Oliver Robinson Winner of the Senior Mens 400m Hurdles 53.13
 Chloe Holden-Wilson Winner of the U17 Womens 200m 26.76
 Lee Athersmith Winner of the Senior Mens 3000m Steeple chase 9:56:07
 Sam Allan 2nd place in the U15 boys 200m 24.64
 Demetric Nelson 3rd place in the Junior Mens 200m 22.98
 Sarah Benson 3rd place in the Senior Womens Shot 11.81m and 2nd in the senior womens discus 34.19m
 Rebekah Tiler winner of the U13 girls 80m 10.86 and 3rd in the U13 girls shot 7.62m
 Other Bingley competitors were Harrison Foster (Senior Mens 100m and 200m), Emile Cairaess U15 boys 1500m, Ben Marriot Junior mens 1500m, Carly Robertson Junior Womens 1500m

24/05/11 TRACK AND FIELD LEAGUE

The first match of the season was held at Cleckheaton on Saturday 7th of May and had what turned out to be a successful squad of both athletes and officials because we finished in second place behind Leeds city who were the team that was relegated from last year, when we manage to put out a full team we should be able to improve even further on our league points. We were able to welcome new members both to the squad and also to the officials all of them said that they had enjoyed the experience and would be looking forward to the next meeting.

It is good to note that some of our team who are away at university were able to return and compete well done for making the effort to be part of the team

The most exciting event of the day must have been the relays with the men's 4x 100 team winning by a very comfortable margin and the 4x400 winning in the last few metres.

Our next meeting is also at Cleckheaton on Saturday 4th June, spectators would be welcome.

Colin Daniel

23/05/11 WINDERMERE MARATHON

Tim Midgeley ran an impressive 2h 42m 55s to finish 3rd overall.

23/05/11 EDINBURGH MARATHON

At the EMF Edinburgh marathon Andrea Dennison registered a fine performance, In difficult windy conditions she ran a good race.

She clocked

44.26 At 10k

1.34.43 at the half way point

2.16.01 at 30k

Finishing 6th o/45 in a quality field with an impressive 3.18.07.

Full details here <http://www.edinburgh-marathon.com/?past-results>

23/05/11 RECORDS TUMBLE

Emma Raven is a new recruit for the Bingley harriers Ladies Teams and has already broken two Club Records on the track. The first was on April 17th at the Shildon Open Meeting clocking a very impressive 9m 33.9s breaking Carol Greenwood's long standing (1994) 3000m record. Her second record was in the 3000m Steeplechase beating Lucy Mayho's record in a time of 10m 33.85s at the annual Loughborough International meeting.

We look forward to Emma's debut league appearance at Cleckheaton on Saturday 4th June.

Christine Oates

► [All the Club Records](#)

21/05/11 - KILDWICK FELL RACE

A great night for the mighty Bingley Harriers on Wednesday at Kildwick – we came, we ran, we conquered! (well almost....)

Andy Peace won the seniors race outright for Bingley but performance of the night for me was Gordon Weight's 15th overall in the seniors race in a time of 27.48 just 2 minutes behind Andy.

In the under 8s the ever improving William Moorehouse made the podium coming home in 3rd with Samuel Mantle just a little way behind in 7th.

In the under 10s Reuben Mantle ran well to take 6th with Lucy Shutt chasing him home in 11th.

The under 12s race was a true sea of Blue n White stripes with 7 of the 14 runners all coming from Bingley. Alex Stewart ran another cracking race to finish 2nd followed by Matthew Merrick in 4th then Ben Nicoll, Victoria Merrick and Henry Moorehouse came home in 7th, 8th and 9th with Abigail White and Olivia Roper hot on their heels in 10th and 11th – Fantastic!

The under 14s race was hampered by a lack of marshals which meant a few athletes went somewhat astray but it didn't stop the mighty Emile Cairaess blasting round the course to win the race by a healthy margin. Emile was followed in by Katy Boden and Max Nicoll in 3rd and 4th respectively.

All juniors received some lovely healthy Hariobs for their efforts and more importantly gained 5 more points towards their fell championship totals.

Next Junior Races - Badger Stone Relay – Ilkley (25th May) then The Bob Smith Races – St Ives (7th June)

Andy Nicoll

15/05/11 LEEDS HALF MARATHON (2)

Twelve Bingley Harriers hit the streets of Leeds on Sunday 8th of May to take part in the GDF SVEZ Leeds Half Marathon, with 4000 runners also taking part, first Harrier home was Stephen Bailey with a 1:17:33 which earned Stephen 8TH Overall and 4th M35, next was Gary Carty 1:30:17 with a 106 overall and 15th M40, Andrea Dennison put in another fantastic performance 1:30:45 with a 117 overall position 3rd Lady overall and 1st F45, well done Andrea. Next Harrier home was Jon Dawson 1:30:48 with a 158 overall and

32nd M35, then Waheed Khan putting in a top performance 1:31:33 with a 132 overall, Oliver Downing 6th M60 1:43:30, next Bingley Lady was Michelle Woodrow 1:46:31, Jeremy Wright 1:49:01, Mark Heppinstall 1:49:33, Bruce McNeill 2:02:32, Richard Newman 2:25:10, Caroline McNeill 2:40:33.

Well done everyone on a warm morning, with a strong head wind coming back into Leeds along the never ending Kirkstall Road!!!!!!!!!!!!!!!!!!!!!!

Gary Carty

09/05/11 LEEDS HALF MARATHON 2011

Andy Hutchinson, star runner of the steady group, had been looking forward to Leeds half marathon since Christmas. His race schedule consists only of a handful of events and Leeds is his stomping ground so it was definitely one of the highlights of the year. Since he joined last year he has got fitter and faster and was determined to get a PB, having got a creditable time of 1:50:21 in the Bradford City Run last October.

Imagine then the horror of falling downstairs at home only a week before the big race and ending up with a badly sprained ankle! One moment of rushing down the stairs, too busy talking on his mobile and he saw his months of preparation come to a shuddering jolt, as painful as the foot injury itself.



I saw him two days later when I was out on a training run. I couldn't believe my eyes when he stopped his car and hobbled out with his foot swathed in bandages. However, trying to be positive, I advised him to ice it, rest up and still have a go on the day of the race.

In fact Andy came out on the Thursday with us, walking and slowly jogging alongside me and Sue Whiteley, convincing himself it felt a little easier.

We were all looking forward to the Leeds half marathon in the steady group. It was the first half marathon we were doing together. Andy, Richard Newman, and Caz and Bruce McNeill have admirably slogged it through a pretty rough winter, battling with the snow and ice, and the dreadful coughs and colds that have beset us all in the ensuing months. In fact, they have received awards for turning up each week and showing commendable commitment to the club and the sport.

Imagine our delight then when we all – including Andy – made it to the finish. Andy completed the 13.1 miles in under two hours (1:56) despite the painful ankle, showing how much the power of the mind gets us across that finishing line. Bruce and Richard got PBs (2:02 and 2:25) respectively and Caz got 2:40 having stayed loyally with her friend (not a member of our running group) despite being raring to go most of the race.

Caz also provided much encouragement and support to myself along the way, and I crossed the line in 2:39. I may not be fast but I'm still out there – only 47 runners in my age bracket (50-54) out of nearly 5,000 runners. Always think positive.....

Pictured are (back left) Andy Hutchinson, (back right) Bruce McNeill, (front left) Richard Newman, (centre) Caroline McNeill, (front right) Jane Lewis

Jane Lewis (Steady Group)

24/04/11 BUNNY RUN 3

A perfect sunny evening brought 30 Bingley Harriers from U14 to V70 out to play for the third Bunny Run. In a field of 288 Ian Holmes caught Egg Stage winner Tom Adams to take his 30th Bunny victory and, with Lee Athersmith and Andy Peace in close support, his share of the team prize. Stephen Fry came home with a V50 win, Ruth Whitehead the FV35 and Tom McDonald the V70. The 10 Bingley Harriers juniors enjoyed showing many seniors a clean pair of heels. Full results for this and Bunnies 1 & 2 are on the www.woodentops.org.uk. Don't forget the Bunny Relay next Tuesday.

1 IAN HOLMES V40 15.04
 5 LEE ATHERSMITH 15.45
 6 ANDY PEACE V40 15.52
 11 MARTIN PEACE V40 16.29
 33 GORDON WEIGHT U16 17.36
 38 GED CALLAN 17.59
 47 SEAN THOMPSON V40 18.28
 49 STEPHEN FRY V50 18.34
 75 ALEX STEWART U14 19.37
 92 MATT MERRICK U14 20.15 89
 93 RUTH WHITEHEAD FV35 20.16 179
 94 BRYAN PARKINSON V60 20.18
 111 IAN STEWART V40 20.57
 116 STUART THOMPSON V60 21.03
 149 VICTORIA MERRICK FU14 22.13
 154 MICHELLE WOODROW F 22.22
 160 MICHAEL SMITH V50 22.39
 162 HENRY MOOREHOUSE U14 22.41
 170 BRUCE DUNCAN V60 22.55
 173 TOM McDONALD V70 23.01
 191 TOMMY THORP U14 23.32
 203 CHRIS TORDOFF V60 24.14
 210 RUEY STARKEY 24.35
 219 OLIVIA ROPER FU14 25.13
 229 VICKY HORROCKS FV35 25.32
 248 LILY DOOKS FU14 26.38
 252 KATHERINE PHILLIPS F 26.53
 255 LUCY SHUTT FU14 27.26

261 ADAM THOMPSON U14 29.02
270 RICHARD NEWMAN 30.02

Becky Weight

16/04/11 LADIES MARATHON RECORD

Congratulations to Sarah Jarvis on an impressive win in her very first marathon! An unseasonably warm day with a late start of 11am and breezy conditions affected times at Lochaber but this didn't stop Sarah from battling to a time of 2:51:33 which is actually a club record at her very first attempt.

Sarah was first lady by a huge margin, and actually 7th overall in the race, and only 80 secs outside the course record. Second lady was Erica Christie in 3 hours 17 mins and 26 secs, with Melanie Henderson of Portobello RC in 3 hours 19 mins 48 secs. Results at <http://www.lochaberac.co.uk/>

She hasn't been put off by the pain of the experience and will do another one! But not for a while.....

Marc Teasey

► [All the Club Records](#)

06/04/11 PENDLE (BINGLEY HARRIERS / SPORTSSHOES UNLIMITED - RACE 2)

Race 2 of the 2011 championship was something of a road trip for our juniors. After receiving all required inoculations and visas and brushing up on the local language, 14 (+3*) of our intrepid young guns ventured into deepest darkest Lancashire to take on the mighty Pendle Hill.

The weather was uncharacteristically good and Barley village was buzzing with the sound of fell shoes on tarmac as 'millions' of runners descended on the usually sleepy backwater.

The under 8's race got things going and our two representatives William Moorehouse and Ben Jones flew up the VERY tough climb

straight after the start and bolted back down the hill to finish in 12th and 15th place respectively – I think it's going to be a battle for Under 8 supremacy between these two as the year progresses.

Next it was the Under 10s turn to battle with the hill and as all her rivals have grown older, Lucy Shutt was our sole representative in this category. Lucy stormed round the course in a great time of 6.37 to take 25th place overall and gain 10 Bingley Harriers points into the bargain.

The under 12s were next and 77 off-road heroes lined up for action – what a brilliant sight to see! As far as Bingley's championship is concerned this age group is where the real battles take place and 7 of our athletes streaked off up the climb in search of glory. Alex Stewart has really found his 'fell feet' and made short work of the tough course to come home in 7th overall despite still being only 10 years old! Behind Alex came the ever improving Matthew Merrick closely followed by Ben Nicoll then Henry Moorehouse came in being chased by Matthew's sister Victoria (watch out Henry she's improving by the week!!). Next down the hill was Jack Illingworth and Lucy Roper had a great run to finish in a superb 55th place.

The under 14s tackled a long and gruelling course and Max Nicoll worked hard to stay with and eventually finish ahead of arch rival Katy Boden to be first Bingley home. Just after Katy it was a welcome return to racing by young Mr Netherwood – Josh ran a great race to finish 51st overall and looked strong at the finish. Even better he also managed to bring one of his rugby pals along to sample our strange sport of fell running and Henry Brown did brilliantly in his first ever fell race to finish in 56th place – well done Henry, hope we see you at another race soon.

Our final athlete on the hill was Gordon Weight who ran a stunning race in the under 16s category over a very long and tough course to finish ahead of his regular sparring partner Sam Haggard of Ilkley – however, for some unknown reason Gordon's name doesn't appear on the results sheet but worry not – I was there and witnessed the impressive performance.

*The only disappointment to report was that 'team Malik' (Imaan, Ibrahim and Aisha) missed the start due to the notoriously bad traffic through Colne. I'm really sorry you missed these great races but really pleased that at least you tried to get there!

Finally, let me just say how delighted I was that so many parents supported this event not only by taking their kids along but also for staying and cheering home every Bingley runner who competed – we were definitely the noisiest club at the races!!

Next champ race is Jack Bloor in Ilkley on the 10th May but before then there are 2 bonus races – Coiners on the 2nd and Lothersdale on the 4th May

Andy Nicoll

Junior Fell Manager

29/03/11 YORKSHIRE VETS XC CHAMPS

Andrea Dennison won silver in the f45, finishing 6th overall

Marisol was 4th f40 with 15th overall,

sad to say no other Bingley women entered.

In the o/70s, Fred gold, brill run from Tom MacDonald for silver, John Smithurst bronze, Dave Barber with 2 weeks training, making his return race after time out with a broken leg placed 4th.

o/70s team won gold.

Les Haynes made a good return to racing too with silver in o/65s, followed by a good run from Bob Dover with bronze.

Neil Robson fresh from warm weather training ran in 6th o/60, Pete Ellerton 11th o/60

Bingley o/60s finished in second place to take silver.

The o/50s were well represented with Peter Pyrah and Gerry Bell running strong, backed up with Mark Westman but the strength of the opposing teams packed better to put us in 10th place. John Willingham tried to run with illness but the race turned poor Jonathan inside out.

Stewart MacDonald inspired by dad Tom's run, came in 1st o/45, finishing in a very credible 3rd place overall.

Richard Scott is showing great form in the races he is attending this year, the xc was another example with 14th 0/45 placing Martin Peace led the 0/40s charge with a fine 3rd, road runner Richard Balshaw showed his training for London is on target with a very good run over a surface softer than what he is used to with a respectful 7th, Simon Johnson was not too far behind with a nice turn of speed to come in 9th.

Dean Dransfield was 22nd 0/40.

the over 40s team won the gold medal

further details here

<http://www.yvaa.org/>

on behalf of the club and vets,

thank you for your support and attendance.

Adrian Rushworth

29/03/11 THIRSK 10M

incorporating the 2010(!) Northern 10m Champs and YV Champs

A very successful 'day at the races' for Bingley Harriers saw Sarah Jarvis retaining her Northern 10 mile Championship title, made even more impressive by the fact that this was at the end of a 90-mile week as she finished her (debut) marathon training prior to her taper. A steady start brought great reward, as she gradually moved through the field and hit the front from about 6 miles, before pulling away to record a victory by 40 seconds. Sarah's win also earned her the title of Yorkshire Vets Champion V35. Oddly, both titles are for 2010, as this race was postponed from an icy November last year.

First home for Bingley in the overall race was Stephen Bailey, with what looks like a PB according to Power of 10 rankings. A great run on the back of his good performance the previous week at the Northern 12-stage was enough to earn him a bronze medal in the V35 category of the Yorkshire Vets Champs. I was next home in a narrow PB and managed to pick up a silver medal in the V40 Category. Stuart Thompson picked up the third in our trio of male medals, with a strong performance in the V60 category of the YV Champs, earning him the bronze medal (I think) and 3rd V60 overall – also looks like a PB according to Power of 10. I'm sure Steve and Stuart can confirm whether these are PBs for them.

Results (chip times).

(1. 50:10 Andrew Pearson, Longwood)

15. 56:32 Stephen Bailey (5th V35, PB?)

28. 58:01 Marc Teasey (6th V40, PB)

39. 58:38 Sarah Jarvis (1st Lady)

144. 65:45 Stuart Thompson (2nd V60, PB?)

(740 finished)

Marc Teasey

28/03/11 CAUSEY PIKE FELL RACE

Rob Jebb was in great form again this weekend taking victory at the Causey Pike fell race, near Keswick. Rob beat his nearest rival, Borrowdale's Chris Steele, by over a minute in an impressive winning time of 33.03. Well done Rob.

Emma Clayton also had a fantastic run coming home in 16th place overall and second lady just behind the current British Ladies Fell Champion Pippa Maddams in a time of 39:20.

James Senior

21/03/11 NORTHERN 12 STAGE ROAD RELAY

The Bingley men's team put in a good performance on Sunday at the Catterick Garrison to finish 5th in the Northern 12 stage relay and qualify for the national championships. A strong run from Alistair Brownlee put us in 3rd place after the 5th leg which we maintained until late in the race until a strong finish from Derby pushed us back to 5th. Full results at www.noeaa.org.uk but our results were as follows. There were 6 long and 6 short legs of approximately 4.5 and 2.25 miles.

Matt Whitfield 23.27

Andy Browne 12.14

Richard Harris 24.09

Stephen Bailey 12.16

Alistair Brownlee 21.45

Aiden Johnson 12.06

Ian Holmes 23.31

Ben Marriott 12.16

Stephen Broadbent 23.57

Martin Peace 12.29

Lee Athersmith 24.28

Stewart MacDonald 12.25

Martin Peace

Update - there are a great many photos, courtesy of Steve Angus and athletesinaction event photography available

► [Check them out here](#)

15/03/11 HOWARTH HOBBLE

Bingley's long distance fans had a great day at the 2011 Haworth Hobble posting 3 runners in the top 10 and 1st lady overall.

Well over 300 runners congregated on the historic Haworth main street for the 8am Sunday morning start and all were treated to near perfect ultra-running weather conditions as they battled their way around the 32 mile course.

Star performances of the day go to Ged Callan who ran a stunning race to come home in 7th place overall in a superb time of 4 hours 28 mins. Just 20 mins behind Ged came Aly Raw who finished 1st lady in 18th place overall and was almost 10 minutes clear of her next female rival.

Robin Lawrence and myself pulled and pushed each other round and we were both happy to finish in joint 9th place despite me taking us on a little diversion whilst trying to find a short cut!

Another great performance came from Adam Worrallo who ran really well to finish his first ever ultra distance race in 4hr 49mins. Steve Fry, Helen Jackson and Rachael Sharples were followed home by our only team entry consisting of Tom Davies and Richard Snowden.

Organisation was as ever flawless by our friends at Keighley and Craven AC and the post race grub and tea worked well to fill the gaping hole left by 32 miles of effort.

Andy Nicoll

07/03/11 LONG MYND FELL RACE

Fourteen Harriers made the long journey to Shropshire to run in the first English Championship fell race of 2011 with an event turnout of just under 400 runners. Over the tough 11 mile course, with most of the big climbs towards the end of the race, there were some fine performances by the team.

Rob Jebb did the business once again putting in a fantastic run to finish in 3rd place, just 17 seconds behind the winner Lloyd Taggart. Clearly Rob is one of the favourites for the English title and this was a great start to his Championship season.

Ian Holmes may not have finished as close to Rob as he would have hoped but still came home in a very impressive 21st position and 3rd Vet 45.

The ever improving Andy Jebb was next home for the team in 49th with Ged Callan tracking him all the way to finish in 59th place.

Paul Mitchell was the final scoring counter for the team coming home in 78th place.

Congratulations to Victoria Wilkinson who finished 1st Lady by over 7 minutes in 51st place overall. Aly Raw also had a great run finishing in 139th overall and 1st Lady Vet.

Well done to all who ran for Bingley. The next Championship race is at Mearley Clough in Lancashire on 14th May.

James Senior

07/03/11 NATIONAL CROSS COUNTRY CHAMPIONSHIPS : JUNIORS

Only one of our Juniors managed to get to Alton Towers for a real mud-bath, but I am sure that Emile Caires was more than satisfied with the result of his efforts. He had an outstanding run in the U13 Boys race, finishing 20th, and less than half a minute behind the winner. Congratulations Emile, and best wishes for the English Schools race at Nottingham!

Tony Kingham

07/03/11 PECO LEAGUE RACE FIVE

The last race of the PECO series, on a testing Chevin course, again produced some excellent results from our younger runners.

There were individual wins from Alex Stewart, in the U11 race, and from Emile Caires, in the U16 race, backed up by other fine performances : Lucy Shutt (on her birthday) was 1st F9, Anna Whitehead was 5th F10, Henry Moorhouse 2nd M10, Victoria Merrick 2nd F11, Abigail White 4th F11, and Matthew Merrick was 1st M11 (and 4th U16).

Not all of those already mentioned completed the four races required for a high overall position, but it was very pleasing to see more of our youngsters taking part in competitive races. What's more, most of them will be in the same age-groups next year.

For the girls the final positions were as follows :

Anna Whitehead 6th U11G

Lucy Shutt 9th U11G

Olivia Roper 10th U11G

Victoria Merrick 4th U13G

Abigail White 6th U13 G

And for the boys:

Alex Stewart 6th U11B

Jack Illingworth 11th U11B

Henry Moorhouse 14th U11B

Matthew Merrick 1st U13B (Well done, Matthew!)

Emile Caires 5th U13B.

These PECO races are ideal for young runners wishing to get a taste of racing and I hope that more of our juniors will be inspired by these results to compete in this league next year.

Tony Kingham

28/02/11 ILKLEY MOOR (BINGLEY HARRIERS / SPORTSSHOES UNLIMITED - RACE 1)

The first of this year's official Junior Fell Championship races saw a record turnout of 18 of Bingley's finest slipping and sliding around on the muddy slopes of Ilkley Moor.

Weather conditions were good for racing being cool and still but underfoot conditions were certainly on the wet side.

The under 8s got things going and relative newcomer William Moorhouse scooped the 10 points leading home Ben Jones who was followed by a trio of Maliks – Ibrahim, Aisha and Imaan. I think this was their first fell race so very well done for having a go. I hope you enjoyed it and I look forward to seeing you at the next one!

For the spectators things then got a tad confusing as the next race away was the Under 16s and Under 18s + any under 14s who fancied doing the 2 mile race instead of the 'official' 1 mile race. Unsurprisingly our racing machine Emile Caires opted for the longer race and absolutely blasted round the 2 laps to come home a staggering 3rd overall surrounded by a sea of Under 16 runners. Emile was just 25 seconds off winning the race and the next under 14 boy (who I know to be a decent runner) was nearly 2 ½ minutes behind – amazing!

Next away was the Under 10, Under 12 and Under 14 race which made for a very busy start. Lucy Shutt made an attempt at winning this year's 'Fall Flag' award by falling 10 meters from the start line and in doing so presented a further obstacle for those behind who

this year's 'Fell Flop' award by falling 10 meters from the start line and in doing so presented a further obstacle for those behind who had to leap over her before ploughing on through the mud.

Under 12 runner Alex Stewart made a strong start and powered up the first climb and on to the moor without having to queue as the track narrows. He continued to prove strong throughout the race coming home in a fantastic 6th place overall and second in his category.

Next back for Bingley was Under 12 Matthew Merrick who is starting to show some real promise on the fells - those Saturday morning sessions are paying off ;-)

Just behind Matthew was Katy Boden – last year's girl's champion who's starting out in just the same way in 2011.

Then it was about as close as it could be in the 'Nicoll race' with younger brother Ben beating Max by a single second.

Just behind Max came Henry Moorhouse who is closing in on his rivals very quickly – continue the training H you're doing brilliantly! Following Henry was Matthew's twin sister Victoria who, despite losing and then carrying one shoe, still managed to finish in a very creditable 49th place overall and more importantly was still smiling!

Behind Vicky were Jack Illingworth, Abigail White, Lucy Shutt, Olivia Roper and Adam Thompson.

I was so proud to see so many Bingley vests on the start line – a big thank you to all the athletes and an even bigger thank you to all the parents for getting them there.

Hope to see you at the next race – **Pendle – 2nd April 2011**

Andy Nicoll - Junior Fell Manager

28/02/11 SOUTH YORKSHIRE INDOOR SERIES

In the younger age groups 2 rising stars travelled to Sheffield to take part in the South Yorkshire Indoor athletics series. Rebekah Tiler (U13) took part in the 200m for the first time and came first with a time of 28.5 sec. She has got the fastest time for the whole series. Rebekah also took part in the 60m sprint with a time of 8.6sec which is her personal best and she also came first. She came third with the shot at 7.44m.

Rhea Southcott (U11) also took part and was first in each of her three events, the 600m in 2.06.30, long jump at 3.39m and 60m in 9.7sec.

21/02/11 NATIONAL CROSS COUNTRY CHAMPIONSHIP

The Bingley Ladies team achieved their best ever result at the National Cross Country championships at Alton Towers on Saturday. Led home by a great run from Victoria Wilkinson in 7th place the team finished 2nd behind Charnwood. Mary Wilkinson, 30th, Emma Clayton 31st and Jo Buckley in 38th all ran magnificently to bring home the medals. Congratulations and well done.

Martin Peace

21/02/11 NORTHERN VETS XC CHAMPIONSHIPS, WARRINGTON 20/02/11.

The ladies and vets 0/70 ran 5k, the course was very flat and fast, Sue Beconsall grabbed the race by the neck and led, trying to run the speed out the opposition. Bev Jenkinson (Salford) 19.10 was just too fast on the day and managed to overall Sue (20.23). A very gutsy performance gave Sue 1st 0/50, 2nd place overall in the ladies race.

Fred Gibbs ran a solid 21.51, supported by a storming run from Pete Covey, who clocked 22.21, beating Steve James (Southport) in the process. They were supported by club stalwart John Smithurst to win the 0/70s team prize.

The rest of the vets ran 10k.

The winner was Paul Simons of Salford in 36.54. Stuart Thompson finished a very impressive 3rd 0/60, Bryan Parkinson with suspected laryngitis set off at the back, after 2 laps moved steadily through the field to finish 4th 0/60s, just nipping in front of Neil Robson (5th 0/60), who himself ran a brilliantly paced race. They were winners of the 0/60s team.

Bob Dover in a tough field ran well to finish 3rd 0/65. Run of the day came from Jonathan Willingham, who returning from injury found the course to his suiting, finishing 1st 0/50. Backed up by an impressive run from Mark Westman (3rd 0/50) and Geronimo Bingley 0/50s won the team prize.

A good representation for the club at the highest level and a good indication of the Harrier vets intentions for the year.

Many thanks for all the support.

Adrian Rushworth

21/02/11 CLUB RECORD FOR SARAH BENSON - AGAIN!!



Sarah comes away with a PB and a silver medal after fighting off stiff competition at BUCS indoor championships.

Sarah a member of Bingley Harriers and a student of University of Wales and Institute of Cardiff (UWIC) competed for university at the indoor UK BUCS championships held at Sheffield last weekend.

The shot putt competition was held over 2 days, qualifying rounds on Saturday and final on Sunday. Sarah qualified for the finals after 2 throws.



On Sunday with 4 of the 6 rounds completed Sarah was just 1cm short of 3rd place. The 5th round saw Sarah respond with a life time best of 13m 45cm's, previous best being 12m 97cm which put her into 3rd place behind the reigning title holder and 2010 Northern Counties champion Hannah Evenden and Rachael Wallander. The track announcer drew all attention towards Sarah by commenting on her last throw. She didn't disappoint, throwing another PB 13m 48m in the final 6th round, this moved her up to 2nd with only Hannah to throw. Determined and fired up Hannah just failed to beat Sarah's throw.

Those athletes who competed, commented that the standard at this years BUCS women's shot putt was the highest and most competitive for a number of years, which is good news for the event.

► [All the Club Records](#)

12/02/11 WEST YORKSHIRE SCHOOLS CROSS COUNTRY CHAMPIONSHIPS

5 February 2011

Northcliffe was at its muddiest, if not its windiest, for this event, which was of a high standard throughout, and Bingley athletes had some fine performances.

Emile Caires was 2nd in the JB, Carly Robertson 4th in the SG, and Ben Marriott 5th in the SB - all three will represent West Yorkshire at the English Schools Championships on March 19.

Other results :

Junior Boys

Luca Zenti - 22nd

Junior Girls

Katy Boden - 23rd

Lily Dooks - 38th

Intermediate Boys

Gordon Weight - 16th

Thomas Potter - 23rd

Joe Wain - 24th

James Fardy - 29th

Intermediate Girls

Jenna Killock - 17th

Natalie Brown - 19th

Senior Boys

Luke Parker - 10th

Jack Thorp - 13th

A very pleasing overall effort : many thanks to these athletes for turning out.

Tony Kingham

12/02/11 NORTHERN CLUBS - JUNIOR RESULTS

Sunderland - Saturday January 29

Three of our juniors competed over this tough course : Emile Caires was 15th in the U13 Boys, and Joseph Wain 77th in the Under 15 Boys, both big improvements on last year. Jenna Killock was 75th in her debut in the the U17 Women's race. Well done all!

Tony Kingham

12/02/11 PECO LEAGUE RACE 4

Another impressive performance from our youngsters, several of whom find themselves in strong overall positions, with one race to go.

Alex Stewart, in his first appearance in the League, was 1st in the M10 , with Olivia Roper 5th and Anna Whitehead 6th in the F10.

Matthew Merrick again came 3rd overall in the U16 race (1st M11), and his sister Victoria kept up her fine record with 3rd in the F11, where Abigail White in 4th ensured a fine overall position.

Well done to you all, and we hope to see you at the last race on Sunday 6 at a venue to be announced later. For those of you who have not raced yet, come along and give it a try! Details, as usual, from the PECO website or from any of us on Tuesday.

Tony Kingham

08/02/11 LEEDS YOUNG ATHLETICS INDOOR OPEN

Sunday 6th Feb

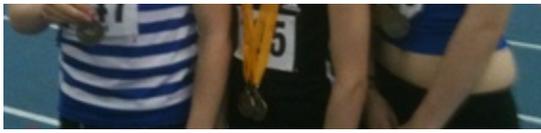


On a day when the Junior Bingley hopefuls took on athletes from around the North they excelled and came home with a bucket full of medals.

Rhea Southcott who is only 9 pitted her skills against the other Under 11 Girls and broke the Shot Put record for the meeting with 5.56m taking the gold medal. Rhea gold medal tally included the 60m sprint and the Long Jump. Rebakah Tiler moving up an age group to Under 13 had to settle for silver in the 60m sprint and the Shot Put. Her 60m sprint time equalled the previous best at the event.

Hollie Postlethwaite took silver in the U17 60m Hurdles and in the 60m sprint but topped the competition to take gold in the High Jump.

Competing for Bingley in her first competition was Kelsey Sutcliffe who competed in the U13 60m Hurdles and whilst being very satisfied with her



Completed in the 0.10 mile hurdles and whilst being very satisfied with her heat win had plenty in the tank to improve on her 7th position overall. Kelsey also made her debut in a formal High Jump competition and came away with the gold medal. Pictured left to right are Rebekah Tiler, Rhea Southcott and Hollie Postlethwaite.

08/02/11 DEWSBURY 10K

Windy conditions put paid to fast times, with most runners recording at least a minute slower than they expected - probably one of the slowest ever years on what is normally a fast course at Dewsbury. After so many winter races being called off leaving a lack of opportunity for fast times in recent months, this was seen as an opportunity by many to have a blast - perhaps reflected by the high quality field. However, many then also paid the price for defying the climb and the headwind on the way out by starting too fast, and not having enough left in the tank to take advantage of the second half (although strangely enough we seemed to be running into the wind in both directions!). Garmin's also unanimously seemed to show the course as being 0.1 miles too long - maybe it was the satellites that were blown off course? Bingley results (chip times/positions rather than gun times):

- (1. Neil Renault, Edinburgh AC 30:41)
- 42. Chris Edwin 35:24
- 54. Marc Teasey 35:57 (5th M40)
- 57. Martin Peace 36:04 (6th M40)
- 175. Gary Carty 40:38 (23rd M40)
- 489. Oliver Downing 48:28 (4th M65)
- 908. Richard Newman 64:10

Marc Teasey

31/01/11 NORTHERN CROSS COUNTRY CHAMPIONSHIPS

With a magnificent team performance, Bingley ladies won the northern cross country championship team award at Sunderland. Repeating her 2nd place from last year, Victoria Wilkinson led the team home closely followed by Mary Wilkinson in 8th, Jo Buckley 9th and Emma Clayton in 11th.

Congratulations and well done to the team for a fantastic result.

Martin Peace

29/01/11 YORKSHIRE CROSS COUNTRY CHAMPIONSHIPS 2010 - JUNIORS

A small group of young Harriers took part in the Yorkshire Championships at Doncaster on Sunday 9 January, and there were some promising performances, particularly from Jenna Killock, 21st in the U17 Women, and from Luke Parker, also 21st, in the U17 Men. Joe Wain was 43rd in the U15 Boys, Lily Dooks 71st in the U15 Girls, and Tommy Thorp 51st in the U13 Boys.

Tony Kingham

29/01/11 BRADFORD SCHOOLS CHAMPIONSHIPS

Just three days later, many of our Juniors were in action, at a very muddy Northcliffe. We congratulate the following on being selected for the Bradford team to take part in the West Yorkshire Championships, which is also at Northcliffe on Saturday, February 5:

- JG Lily Dooks (7th); Katy Boden (10th)
- JB Emile Cairess (2nd); Luca Zenti (3rd)
- IG Natalie Brown (2nd); Jenna Killock (3rd)
- IB Joe Wain (3rd); James Fardy (4th); Thomas Potter (8th)
- SG Carly Robertson (2nd)

Also selected for the Bradford team are:

SB Ben Marriott, Jack Thorp and Luke Parker

Tony Kingham

29/01/11 PECO LEAGUE : RACE THREE

16 January at Bramley Fall Woods

Some outstanding results from our Juniors in this race postponed from the 9th.:

Lucy Shutt was 1st in the F9 section, and Anna Whitehead 2nd in the F10. In the longer race Victoria Merrick was 3rd F11, Abigail White 3rd F12, and Matthew Merrick, 3rd overall in the U16 race, was 1st M11. Well done to you all: I wish I could have been there!

The next race in the series is at John Smeaton Sports Centre on Sunday 30 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 PECOXC website.

Tony Kingham

24/01/11 STANBURY SPLASH

Although not an official Junior Fell Championship race the Soreen Stanbury Splash still attracted 11 of our Bingley Juniors.

Conditions were perfect for this early season run and even the mums and dads managed to avoid being frozen to the core or blown off their feet as the Penistone Hill weather was uncharacteristically mild.

Ben Jones got things underway and came home in a very creditable 7th place in the U8s.

Then the U10s, U12s, U14s and U16s boys and girls all hit the hill together - 120 of them in total making a mad dash for the first climb out of the quarry.

Speed merchant Emile was the first of our bunch to make the climb and he powered round the course to take a fantastic 3rd place in the U14 category in a time of 6.36.

Emile was followed by the ever improving Matthew Merrick who ran very strongly through the field after being caught out on the first ascent to finish in 8.04.

Third home for Bingley was Katy Boden who ran brilliantly to finish in 8.16, Katy was followed by Max Nicoll, Abigail White, Tommy Thorp, Victoria Merrick, Olivia Roper (who's actually U12 not U10 but we won't tell anyone :-)) - age on 1st Jan) and Lucy Shutt.

Overall winner in the Under 10s category was Ben Coates who battled round the tough 2 mile course to finish in 10.44.

Our sole warrior in the Under 16s race was Ben Costello who battled round the tough 2 mile course to finish in 16.44.

All the above get 5 bonus points credited to their Fell Championship total so we have 12 runners out in front before the first official race has even been run.

Next Race is the **Ilkley Fell Race – 27th February** – see Ilkley Harriers website.

Andy Nicoll

18/01/11 - YORKSHIRE XC CHAMPS

Following in the footsteps of his brother, Jonny Brownlee had a terrific run to win his first senior Yorkshire Cross Country Title. Jonny came home a comfortable 25 seconds ahead on a testing but firm course at Doncaster. Well done Jonny and its great to see you turning out, lets hope this is the start of a great year.

A depleted mens team suffered last minute withdrawals but still managed a creditable 3rd place in the team standings behind Hallamshire and Leeds City, well done lads,

Stewart Macdonald 24th

Tim Midgeley 25th

Lee Athersmith 31st

Stephen Broadbent 36th

James Senior 58th for his first Yorkshire medal - Well done James

There was a fantastic result in the Ladies race with Jo Buckley leading home the team in fifth place, closely followed by Mary Wilkinson in 8th and new recruit Emma Clayton in 13th. The team was closed by the ever reliable Andrea Dennison in 44th and finished with a silver medal behind Leeds City. A great effort and fantastic to see Emma running so well in her first race for Bingley, congratulations to Jo for one of her best runs yet, training at the club is obviously working.

In the Junior mens race Ben Marriott had a good run for 12th in his first year as a junior.

Well done to all of the Bingley athletes who ran - full results are available on [this link](#)

Martin Peace

10/01/11 PENNINE 10K ROAD RACE

Just three Harriers hit the hills of Brighouse on Sunday the 9th Jan for the Pennine 10k, windy, cold, but good results for the club. First home for the Harriers was Paul Mitchell with a 39.24 bagging him 10th position over-all and 3rd V45, next was Gary Carty in 41.00 18th position over-all and 5th V40, and Michael Long 4th V60 in a time of 54.38. Well done everyone.

10/01/11 - SARAH BREAKS HER OWN CLUB RECORD (AGAIN!)

Sarah Benson has set her new season off with a bang, a new club record of 12.97m in the Shot Put competing at the weekend in the UWIC (University of Wales Institute, Cardiff) Grand Prix.

► [All the Club Records](#)

02/01/11 PECO LEAGUE : RACE TWO MIDDLETON PARK

Despite the difficult conditions, four of our Juniors managed to take part in the second race of this series, and their performances were really pleasing.

Victoria Merrick was third in the Yr 11 Girls Race, and Abigail White was 4th. Matthew Merrick was second in the Yr 11 Boys Race, and Emile Cairness, in his first appearance in the League this time round, won the Yr 12 Boys Race. Well done to you all!

There are still three races remaining in this League, with the first of these on Sunday, 16 January at Kirkstall. We very much hope that more of our Juniors will want to participate in these friendly, well-organised races - as always, details will be available from us on Tuesday evening training sessions, or from the Abbeyrunners website.

Best wishes to you all, and to your parents, from David, Graham and me – have a great 2011!

Tony Kingham