



ANNUAL GENERAL MEETING AGENDA

MONDAY 14 JANUARY 2019 at 7.30pm

ANNUAL REPORT 2017 – 2018

BINGLEY HARRIERS ROLL OF HONOUR

INTERNATIONAL REPRESENTATIVES



Photographs courtesy of Becky Weight, Woodentops

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BINGLEY HARRIERS & A.C.

AGM AGENDA



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Notice is hereby given that the 124th Annual General Meeting of Bingley Harriers & A.C. will be held on Monday 14 January 2019, 7.30pm at The Brown Cow, Ireland Bridge, Bingley.

AGENDA

1. Apologies for absence.
2. Minutes of the Annual General Meeting Monday, October 10th, 2017.
3. Annual Reports of Club Team Managers.
4. Hon. Treasurer's Annual Report & Balance Sheet, Auditor's comments.
5. Hon. Secretary's Annual Report.
6. President's Report and comments.
7. Club Rules
8. Presentation of the Sidney Glover Trophy.
9. Election of Club Officials for 2017-18.
(list of officials as listed in club rule 3)
10. Annual Subscriptions.

Present rates

Seniors	£30
Second claim seniors and over 18s	£15
Under 11s, Juniors and Student members	£20
Family Membership	£15 club fee plus England Athletics fee for each competing member.
Senior Citizens	£20

Proposed rates

(1) That the subscription rate for Seniors and those over 18 should increase by £7 to £37 to take effect from 1st April 2019

Proposed by: John Capenerhurst

Seconded by: Barbara Carney

(2) That the subscription rate for under 11s, Juniors and student members should increase by £2 to £22 to take effect from 1st April 2019; and that second claim members in these categories should continue to pay £5.

Proposed by: John Capenerhurst

Seconded by: Barbara Carney

(3) That Family Membership subscription should comprise £15 club fee; plus £17 for each member to take effect from 1st April 2019.



Proposed by: John Capenerhurst

Seconded by: Barbara Carney

(4) That the subscription rate for senior citizens be increased by £2 to £22 to take effect from 1st April 2019.

Proposed by: Bill Haygarth

Seconded by: Barbara Carney

(5) That the subscription rate for second claim senior and second claim over 18 members remain unchanged at £15 to take effect from 1st April 2019.

Proposed by: Bill Haygarth

Seconded by: Barbara Carney

11. Membership of Associations

UK Athletics, England Athletics, Northern Athletics, Yorkshire county AAA, Bradford Athletics Network, Yorkshire Veterans; Association, Fell Runners Association, Northern Track and Field League, Youth Development Athletes' Leagues, West Yorkshire Cross Country League, West Yorkshire Track & Field League, Three Peaks Association, Race Walking Association, Sports Hall Athletics Association. (14)

12. Vote of thanks to retiring officers.

Parents / guardians of young members

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

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Minutes of the 123rd Annual General Meeting of Bingley Harriers & A.C. held Monday October 09, 2017 at the Brown Cow, Ireland Bridge, Bingley.

Those present were: Jo Buckley, Barbara Carney, Sue Cordingley, Colin Daniel, Keith Daniel, Bob Dover, Oliver Downing, Peter Ellerton, Stephen Firth, Fred Gibbs, Kerry Gilchrist, Carl Hitchens, Bill Haygarth, Jill Jones, Andrea Kerman, Robin Lawrence, Alan Oates, Christine Oates, Bryan Parkinson, Martin Peace, Janet Pearson, Neil Robson, Graham Smith, John Smithurst, Stuart Thompson, Dave Weatherhead, Becky Weight, Robert Williams, Simon Williams (29)

The meeting was declared quorate.

John Smithurst, president, chaired the meeting, welcomed members and opened the AGM at 7.30pm.

1. APOLOGIES were received from: David Anderson, John Capenerhurst, Tom Clough, Stephen Fry, Heather Hawkswell, Phil Hawkswell, Phil Jones, Tony Kingham, Mike Smith (the elder), Adrian Netherwood, Paul Sharples, Rachel Sharples, Paul Tiffany, Andrew Warriner (14).

2. MINUTES of the 122nd Annual General Meeting 10 October 2016

Proposed by: Dave Weatherhead

Seconded by Jill Jones

Resolved: that the minutes of the Annual General Meeting 10 October 2016 be accepted as a correct record.

All present were in favour.

3. ANNUAL REPORTS OF CLUB TEAM MANAGERS

Proposed by: Jill Jones

Seconded by: Peter Ellerton

Resolved: that the reports of the Team Managers as published in the Annual Report 2016-17 be received with thanks.

All present were in favour.

4. HONORARY TREASURER'S ANNUAL REPORT AND BALANCE SHEET, AUDITOR'S COMMENTS

Due to production difficulties with the Treasurer's Report in the Annual Report 2016-2017, readable copies were available at the meeting, and it is set out in full below:

Audited Receipts & Payments Statement 2016/17

The accounts are stated on a cash, rather than accrual basis. At the time of writing, they have not been presented to the Committee or reviewed by the auditor.

In summary, the Club recorded a surplus of £2,724 thanks to the receipt of £5,000 from Sport England in respect of equipment lost in the flood of December 2015. Without this money, there would have been a deficit of £2,276. The Committee's proposals on subscriptions and a change to the membership year would, if adopted, significantly reduce, if not eliminate, the deficit.

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Receipts	2016/17	2015/16	2014/15	Notes
	£	£	£	
Subscriptions	7,164	7,145	8,278	Subscriptions rates unchanged.
Social Events	-334	-501	-107	Annual awards dinner
Race Refunds	525	1,192	1,232	Entry fees for non-funded races.
Training Fees	8,377	9,366	10,258	All sessions at Beckfoot and B&BRC.
Interest Received	1,259	882	985	Fixed-rate bond and instant access account.
Sale of Stock	283	-109	600	Sales of Club-branded clothing.
Donations	95	185	730	
Other Income	5,000	420	-192	Insurance claim for flooding in Dec 2015.
Club Events	742	1,648	936	Schools' Cross Country, Harriers v. Cyclists, Eldwick Gala & Bingley Show.
	23,111	20,228	22,720	
Payments				
Race Entries	1,472	2,188	1,596	Club-funded team events.
Beckfoot School	2,696	4,095	3,022	Training facilities July 2016 - June 2017. (13 months costs in 2015/16.)
Travel	481	2,131	1,555	Fewer coaches to junior events.
Printing & Postage	2,151	2,017	2,143	Mostly for The Harrier and Annual Report.
Equipment	3,343	3,485	1,796	Includes ten two-way radios (£1,983) and a tent (£784).
Coaching	415	1,024	320	Three members attended courses.
Affiliation Fees	5,883	6,172	6,430	Nearly all paid to England Athletics at £14 per member (2016: £13, 2015: £12).
Trophies & Engraving	519	863	880	
Donations	400	109	0	Bingley Biathlon (£200) and defibrillator at B&BRC (£200).
Training Facilities	2,500	1,500	2,015	B&BRC at £500 per quarter.
Sundry	172	196	162	Includes food at the AGM (£139).
Youth Activity	355	810	1,517	Hosting events, provision of prizes, catering and a training night tuck shop.
	20,387	24,590	21,436	
Surplus/Deficit	2,724	-4,362	1,284	

The Treasurer reported that the accounts had since been approved by the Committee, but the auditor had not completed his work. He then invited questions on the report, and after discussion and comment:

Proposed by: Alan Oates

Seconded by: Andrea Kerman

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

All present were in favour.

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Post Meeting Note

The audit has since been completed and the auditor reported as follows:

"I can confirm that the audit is now complete. I conducted a substantive audit approach to verify the accuracy of the accounting transactions for the financial year. Incomes and expenditure were verified by agreement to source documentation of either bank statements, invoices or other appropriate documents. I can confirm that in my opinion the financial accounts for the year show a true and fair view of the financial position of the Club." Paul Tiffany ACA.

5. HONORARY SECRETARY'S ANNUAL REPORT

Jill Jones thanked members for their attendance at the Annual General Meeting and reaffirmed the content of her report as submitted and published in the Annual Report 2016-2017.

The Secretary invited questions. There were none.

Proposed by: Dave Weatherhead

Seconded by: Andrea Kerman

Resolved: that the Honorary Secretary's Report for 2016-2017 be received with thanks.

All present were in favour.

6. PRESIDENT'S REPORT

(Submitted and reported as published in the Annual Report 2016-2017.)

Questions were invited. There were none.

Proposed by: Jill Jones

Seconded by: Peter Ellerton

Resolved: that the President's Report 2016-2017 be received with thanks.

All present were in favour.

7. CLUB DEVELOPMENT

Dave Weatherhead reported on the progress made to date by the sub-committee charged with re-organising the club's structure.

8. PRESENTATION OF THE SYDNEY GLOVER ROTARY TROPHY

John Smithurst, President, announced that he had no hesitation in awarding the Sidney Glover Trophy to **Victoria Wilkinson** for her all-round performances and particularly her record-breaking performance at The Three Peaks Race, April 2017.

9. CLUB RULES

(1) Rule 3. Amendment 1: That the two existing committee positions of Senior Coaching Coordinator and Junior Coaching Coordinator be replaced by a single committee position of Club Coaching Coordinator.

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Dave Weatherhead outlined the role of Coaching Coordinator and what it was that the Coordinator was expected to do. After discussion and comment:

Proposed by: Becky Weight

Seconded by: Dave Weatherhead

For 27; Against 2.

(2) Rule 3. Amendment 2: That a new committee position of an Events Coordinator be created.

After discussion and comment: -

Proposed by: Becky Weight

Seconded by: Dave Weatherhead

All present were in favour.

(3) Rule 4. Amendment: The Club's financial year to run from 1st November to 31st October and the Annual General Meeting to be held in January or as soon as is practicable thereafter to receive the reports of the President, Team Managers, Secretary and Treasurer and to receive the audited accounts for the previous financial year.... (remainder of rule 4 unchanged)

After discussion and comment: -

Proposed by Bill Haygarth

Seconded by: John Smithurst

All present were in favour.

(4) Rule 11. Amendment: The Club's membership year to run from 1st April to 31st March. (A subscription is made up of an amount retained by the Club (the Club fee) and an amount paid for registration with England Athletics (the England Athletics fee). New members joining between April and September will pay a subscription made up of the Club fee and the England Athletics fee; those joining between October and December will pay half the Club fee plus the whole England Athletics fee; those joining between January and March will pay the Club fee AND the England Athletics fee but will not be required to pay the following year's subscription.

After discussion and comment: -

Proposed by Bill Haygarth

Seconded by Andrea Kerman

All present were in favour.

10. ELECTION OF CLUB OFFICIALS FOR 2017-2018

PRESIDENT

JOHN SMITHURST

Proposed by Colin Daniel seconded by Jill Jones. All present in favour.

LIFE VICE PRESIDENTS

None proposed

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VICE PRESIDENTS

- D. Anderson** Proposed by: Alan Oates, seconded by Dave Weatherhead. All present in favour.
- B. Carney** Proposed by: Kerry Gilchrist, seconded by Stephen Firth. All present in favour.
- B. Dover** Proposed by: Dave Weatherhead, seconded by Barbara Carney. All present in favour.
- D. Green** Proposed by: Christine Oates, seconded by Graham Smith. All present in favour.
- D. Lawson** Proposed by: Graham Smith, seconded by Dave Weatherhead. All present in favour.
- A. Oates** Proposed by: Graham Smith, seconded by Andrea Kerman. All present in favour.
- M. Peace** Proposed by: Barbara Carney, seconded by Bob Dover. All present in favour.
- G. Smith** Proposed by: Stephen Firth, seconded by Dave Weatherhead. All present in favour.
- M.E. Smith** Proposed by: Barbara Carney, seconded by Jo Buckley. All present in favour.
- J. Waterhouse** Proposed by: Graham Smith, seconded by Colin Daniel. All present in favour.
- M. Watson** Proposed by: Dave Weatherhead, seconded by Stephen Firth. All present in favour.
- F. Wheeler** Proposed by: Jo Buckley, seconded by Stephen Firth. All present in favour.

LIFE MEMBERS

Christine Oates Proposed by: Keith Daniel, seconded by Janet Pearson. For 27, abstentions 2.

HONORARY SECRETARY

JILL JONES

Proposed by: Jo Buckley, seconded by Barbara Carney. All present in favour.

HONORARY TREASURER

BILL HAYGARTH

Proposed by: Andrea Kerman, seconded by Stephen Firth. All present in favour.

MEMBERSHIP SECRETARY

DENISE WRIGHT

Proposed by: Bill Haygarth, seconded by Dave Weatherhead. All present in favour.

MEN'S TRACK AND FIELD REPRESENTATIVE

COLIN DANIEL

Proposed by: Barbara Carney, seconded by Andrea Kerman, All present in favour.

MEN'S CROSS COUNTRY / ROAD REPRESENTATIVE

VACANT

MEN'S VETERAN REPRESENTATIVE

PETER ELLERTON

Proposed by: Bill Haygarth, seconded by Neil Robson. All present in favour.

MEN'S FELL REPRESENTATIVE

ANDY JEBB

Proposed by: Barbara Carney, seconded by Dave Weatherhead. All present in favour.

LADIES TRACK AND FIELD REPRESENTATIVE

PHILIP JONES

Proposed by: Jill Jones, seconded by Stephen Firth. All present in favour.

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LADIES CROSS COUNTRY / ROAD REPRESENTATIVE

JO BUCKLEY

Proposed by: Stephen Firth, seconded by Barbara Carney. All present in favour.

LADIES VETERAN REPRESENTATIVE

SUE BECONSALL

Proposed by: Barbara Carney, seconded by Kerry Gilchrist. All present in favour.

LADIES FELL REPRESENTATIVE

BECKY WEIGHT

Proposed by: Barbara Carney, seconded by Kerry Gilchrist. All present in favour.

COACHING CO-ORDINATOR

KEITH DANIEL

Proposed by: Dave Weatherhead, seconded by Andrea Kerman. For 28, Abstention 1

SOCIAL SECRETARY

PHIL HAWKSWELL

Proposed by: John Smithurst, seconded by Stephen Firth. All present in favour.

JUNIOR BOYS' REPRESENTATIVE

TONY KINGHAM

Proposed by: Barbara Carney, seconded by Stephen Firth. All present in favour.

JUNIOR GIRLS' REPRESENTATIVE

JANET PEARSON

Proposed by: Jill Jones, seconded by Christine Oates. All present in favour.

AUDITOR

VACANT

COMMITTEE MEMBERS (7) ONE PLACE VACANT

JOHN CAPENERHURST proposed by John Smithurst, seconded by Janet Pearson. All present in favour.

STEPHEN FIRTH proposed by Keith Daniel, seconded by Andrea Kerman. All present in favour.

ANDREA KERMAN proposed by Barbara Carney, seconded by Keith Daniel. All present in favour.

ADRIAN NETHERWOOD proposed by Dave Weatherhead, seconded by Sue Beconsall. All present in favour.

NEIL ROBSON proposed by John Smithurst, seconded by Barbara Carney. All present in favour.

DAVE WEATHERHEAD proposed by Andrea Kerman, seconded by Keith Daniel. All present in favour.

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

Men's Championship Team Manager

VACANT

Men's Track & Field Team Manager

COLIN DANIEL

Proposed by: Barbara Carney; seconded by Andrea Kerman; all in favour.

Men's Road Running Team Manager

STEPHEN FRY

Proposed by: Bill Haygarth; seconded by Colin Daniel; all in favour.

Men's Cross-Country Team Manager

STEPHEN FRY

Proposed by Tony Kingham; seconded by Keith Daniel all in favour.

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Men's Veteran Team Manager

PETER ELLERTON

Proposed by Tony Kingham; seconded by Andrea Kerman; all in favour

Men's Fell Team Manager

ANDY JEBB

Proposed by Dave Weatherhead; seconded by Adrian Netherwood; all in favour.

Ladies' Championship Team Manager

JO BUCKLEY

Proposed by Jill Jones; seconded by Andrea Kerman; all in favour.

Ladies' Track & Field Team Manager

ANDY WARRINER

Proposed by Keith Daniel; seconded by Colin Daniel; all in favour.

Ladies' Road Running Team Manager

VACANT

Ladies' Cross-Country Team Manager
BUCKLEY?)

VACANT (JO

(Barbara Carney to approach.)

Ladies Veteran Team Manager

SUE BECONSALL

Proposed by Barbara Carney; seconded by Adrian Netherwood; all in favour.

Ladies' Fell Team Manager

BECKY WEIGHT

Proposed by; Barbara Carney; seconded by Keith Daniel; all in favour.

Boys' Junior Team Manager

TONY KINGHAM

Proposed by Keith Daniel; seconded by Barbara Carney; all in favour.

Junior Fell Team Manager

GREG TRUSSELLE

Proposed by Tony Kingham; seconded by Jill Jones; all in favour.

Boys' Cross-Country / Road Team Manager

TONY KINGHAM

Proposed by Keith Daniel; seconded by Barbara Carney; all in favour.

Girls' Cross-Country / Road Team Manager

TONY KINGHAM

Proposed by Keith Daniel; seconded by Barbara Carney; all in favour.

YDL Upper Team Manager

PHIL JONES

Proposed by: Keith Daniel; seconded by Tony Kingham; all in favour.

YDL Lower Team Manager

JILL JONES

Proposed by Barbara Carney; seconded by Andrea Kerman; all in favour.

Magazine Editor

JOHN CAPENERHURST

Proposed by Dave Weatherhead; seconded by Barbara Carney; all in favour.

Press Officer
LEWIS?)

VACANT (JANE

Website Manager

STEPHEN FIRTH

Proposed by Dave Weatherhead; seconded by Barbara Carney; all in favour.

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Development Officer (Club Mark position to be reviewed)

MARTIN PEACE

Junior Coordinator

JILL JONES

Proposed by Colin Daniel; seconded by Bill Haygarth; all in favour.

Bradford & Bingley Sports Club Liaison Officer

BECKY WEIGHT

Proposed by: Barbara Carney; seconded by Adrian Netherwood; all in favour.

Schools Liaison Officer

TONY KINGHAM

Proposed by Keith Daniel; seconded by Bill Haygarth; all in favour.

Volunteer Coordinator (Club Mark position to be reviewed)

JOHN CAPENERHURST

Proposed by Jill Jones; seconded by Bill Haygarth; all in favour.

Track & Field Officials Coordinator

JANET PEARSON (tbc)

Proposed by Becky Weight; seconded by Keith Daniel; all in favour

Welfare / Child Protection Officer (1)

GRAHAM SMITH

Proposed by Tony Kingham; seconded by Bill Haygarth; all in favour

Welfare / Child Protection Officer (2)

VACANT

Minutes Secretary

JOHN CAPENERHURST

Proposed by Barbara Carney; seconded by Becky Weight; all in favour.

10. Annual Subscriptions.

Present rates: Seniors over 18	£30
under 18	£15
Family Membership	£50
Students / Senior Citizens	£15

Treasurer, Bill Haygarth, outlined the reasons for the subscription changes below. After discussion and comment the following proposals were put to the vote:

(1) That the subscription for Seniors and those over 18 remain at £30, but these members pay an additional £5 for membership for the interim period 1st October 2017 to 31st March 2018, making membership for the 18-month period, 1st October 2017 to 31st March 2019, a total of £35.

Proposed by Bill Haygarth

Seconded by Tony Kingham

All present were in favour.

(2) That second claim members (Seniors and over 18s) pay a subscription of £15.

Proposed by Bill Haygarth

Seconded by Tony Kingham

All present were in favour.



(3) That the subscription for Under 11, Junior and Student members should increase by £5 to £20 and that second claim members in these categories should pay a subscription of £5.

Proposed by Bill Haygarth

Seconded by Dave Weatherhead

All present were in favour.

(4) That the Family Membership subscription should consist of £15 club fee plus the England Athletics fee for each competing member.

Proposed by Bill Haygarth

Seconded by Stephen Firth

For 27; abstentions 2.

(5) That a family must include an under 18 to qualify for a Family Membership subscription.

Proposed by Andrea Kerman

Seconded by John Smithurst

All present were in favour.

(6) That the subscription for Pensioners should increase by £5 to £20.

Proposed by Barbara Carney

Seconded by Phil Hawkswell

(7) That subscriptions should increase each year by the same amount as any increase in the England Athletics fee notwithstanding any increase in the Club fee.

Proposed by John Capenerhurst

Seconded by Phil Hawkswell

All present were in favour.

12. MEMBERSHIP OF ASSOCIATIONS

(1) UK Athletics, England Athletics, (2) Northern Athletics, (3) Yorkshire County AAA, (4) Bradford Athletics Network, (5) Yorkshire Veteran Runners' Association, (6) Fell Runners Association (7) Northern Track and Field League, (8) Young Athletes' Development League, (9) West Yorkshire Cross Country League, (10) West Yorkshire Track and Field League, (11) Three Peaks Race Association, (12) Race Walking Association, (13) Sports Hall Athletics Association.

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

Proposed by: Alan Oates, seconded by Keith Daniel.

Resolved: that membership of the above Associations be renewed. All present in favour.

13. VOTE OF THANKS TO RETIRING OFFICIALS

President, John Smithurst, thanked on behalf of all club members the following club members for their invaluable and reliable services:

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Barbara Carney: Standing down as Ladies' Fell Representative and committee member.

Stephen Fry: Standing down as Committee Member and Men's Cross Country and Men's Road Representative.

Fiona Lidstone-Green: Standing down as Child Protection Officer and coach.

Chris Mdee: Standing down as Committee member.

The meeting closed at 8.35pm

BINGLEY HARRIERS & A.C.

PRESIDENT'S REPORT 2018



BINGLEY HARRIERS & A.C

PRESIDENT'S REPORT 2018

This has been another notable year for members of the club. We celebrated our 125th Anniversary. First with a fun-day including a 125k relay (which turned out to be a 136k relay such were the numbers of club members (134) who turned out. I had the honour to run the first lap with Fred Gibbs. I thoroughly enjoyed the event and can't thank the organisers of the day - **Jill Jones, Lisa Pearson, Tony Kingham** - enough for all their hard work and time. And then with a dinner, superbly organised by **Adrian Netherwood**, our Social Secretary, at Oakwood Hall where it was a great pleasure for me to meet not only many of our present runners, but also many of the older athletes who brought the name of Bingley and Athletic Club worldwide recognition.

Reference to worldwide recognition prompts me to congratulate another member of the club – **Victoria Wilkinson**. Victoria not only gave sterling support to the Bingley Women's Fell Running Team throughout the year, breaking several records in the process, (Read **Becky Weight's** excellent report for full details), but also won the British Mountain Championship Race in June; was a member of the Great Britain team placed second at the *Sky Straffeta Tre Rifigi Relay*; and won silver in the World Skyrunning Championships.

And to add to the club's reputation, **Emily Field** won the inaugural Junior English Fell Championship and represented England in the International Youth Cup in Italy; and then in September won silver as a member of the England team at the British, Irish Mountain Championship Race.

Team performances also reflected much credit on the club. Bingley's Women's Fell Running team turned in a series of excellent team results, winning amongst other team victories, the gold medal at the Ilkley Moor Race and the Women's team prize at the Three Peaks Race. What seems very clear is that Bingley is now entering enthusiastic Women's Fell Running teams in many events – tribute to **Becky Weight's** own enthusiasm and encouragement. Our Senior Track and Field team won promotion this year – tribute to the hard work and perseverance of team managers, coaches, officials and of course, the athletes themselves. **Colin Daniel** and **Andy Warriner** make clear in their report how important team spirit has been to success this year when focus has been on the team rather than individual performance. Similar sentiments are expressed in **Tom Cough's** report (which captures some of the excitement of the close-run matches) on the success of the Bingley Track and Field team in the YDL Upper League. This team finished in fifth position in the league last year and had never won a fixture. This year the team won two of the three fixtures, the league and promotion. Star performances from all involved!

There are more outstanding individual performances than I can mention here, documented in the various sections of this Annual Report. They all suggest that the club is developing its coaching under its coordinator, **Keith Daniel**, to good effect. One individual performance did catch my attention. **Joanne Lawler-Rhodes** broke a club record which has stood for 21 years with her triple jump of 11.78m. Outstanding!

Moving away from athletic performance to the organisation and running of the club, members will note that their committee is proposing at the AGM some increases in

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subscriptions this year. Our club has been running a deficit of approximately £1500-£2000 per annum over the last three years. Bluntly put we are spending more than we receive in revenue. There are several reasons for this, not the least of which is the year-on-year increase in England Athletics Affiliation fees; and the addition of a competition levy on all competing athletes from Northern Athletics. Costs are also rising for transport and for equipment which needs to be replaced. Your committee has tried to cut expenditure by making *The Harrier* an occasional on-line publication; and by putting the *Annual Report* on line. But with membership falling we need to consider how best to keep our club a viable concern, maintaining its objective of breaking even over the year. The AGM is the most important forum for all members to express their views on financial and other matters relating to how the club is run for its members. So please attend and make your contribution to discussion.

I cannot conclude this year's report without a mention of **Martin Peace's** huge contribution to the club in his 11 years of organising the 5k Summer Races from Dowley Gap lock on the canal towpath near the Fisherman's Pub. The 5k Races have almost become synonymous with Martin's name so long has he been the guiding hand behind them. The races have been a huge success, with friendly, rivalry, keen competition, social interaction between juniors and seniors and much laughter and amusement at handicaps given – although increasingly Martin's handicapping became more and more refined over the 11 years of his organising the races. Superbly organised and costing only £1 entry fee, the events are now very much an established part of the club's racing calendar. Thanks very much Martin. It is good to see you on the cover of this Annual Report as a tribute to your much-appreciated contribution to the club. I hope a successor can be found to continue Martin's work. Whoever volunteers will receive plenty of help from Martin himself and the team he has established. So please. let's have plenty of volunteers for the task! As members of the club we are all creating much to appreciate and applaud.

John Smithurst

BINGLEY HARRIERS & A.C.

SECRETARY'S REPORT 2018



I would like to start by saying thank you to all the members of the club who have helped to celebrate the 125th anniversary.

We had a great time at the family fun day with the cake stall raising money for Macmillan charity.

It had been hoped that at least 125 different people would do one lap apiece, and that was the way it turned out, with 136 kms being covered by 134 people.

The relay began with two of our most distinguished and experienced members, Club President John Smithurst and Fred Gibbs, completing the first lap. The honour of completing the 125th lap fell to Denise Wright, our membership Secretary, who crossed the line just in front of husband Simon.

The ages of those taking part ranged from 81 to 2, with young Mack Thackray showing his mum the way round, and it was a real pleasure to see such a wide range of enthusiastic participants.

No times were taken, but the average time per lap was below 6 minutes – a most commendable achievement.

A big thank you to Lisa Pearson for organising the whole Fun Day so splendidly, and for making sure that we were well-fed and watered, and to those thoughtful club-mates who put up a shelter so that we didn't get burnt to a cinder on what was a beautiful summer's day.

Finally, very special thanks to three people whose contribution to this event was absolutely vital: to Tony Kingham for organizing the whole event (and for the report he put on the website some of which I have copied here) to John Smithurst for his expert help in setting up the 1km lap on the Friday evening, and to Graham Smith for his unstinting support throughout the day, organising the runners and giving out the splendid souvenir buffs to each finisher.

Finally, the Club will have held a Dinner on the 27th October I am sure everyone will have had a wonderful time and thank you to Adrian Netherwood for organizing the evening.

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

You only have to drop in at Bradford and Bingley Rugby Club, Beckfoot School or UAK Keighley on a Tuesday or Thursday evening to see the amount of eager young (and not so young) athletes ready to run up hill and down dale or to race around a track to know the future of the club is very bright indeed.

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SECRETARY'S REPORT 2018



We must also thank all the members who work so hard as race organisers, marshals and those who just turn up and lend a hand. You do a great job and we can never have too many helpers. If anyone is ever interested in volunteering for any event, or training session please drop an email to secretary@bingleyharriers.org.uk.

Jill Jones - Secretary

BINGLEY HARRIERS & A.C.

TREASURER'S REPORT 2018



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

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

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

Bill Haygarth (Treasurer)

BINGLEY HARRIERS & A.C.

MEMBERSHIP SECRETARY'S REPORT 2018



Bingley Harriers & AC

Membership Statistics as at August 2018

Male Vets	-4	4	1	-4
Female Vets	-2	-4	-4	-2
Male Senior	-8	-3	7	-5
Female Senior	1	-3	3	-7
Male U20	-10	5	-9	6
Female U20	-7	0	3	-10
Male U17	-3	-4	-3	-5
Female U17	-2	-2	-6	-5
Male U15	-4	1	6	-2
Female U15	-3	-3	-8	-6
Male U13	-2	-4	-17	2
Female U13	5	-4	-11	7
Male U11	3	-8	-6	-6
Female U11	2	2	-3	-16
	-34	-23	-47	-33
Seniors & Vets	-13	-6	7	-18
Juniors (U11-U20)	-21	-17	-54	-15
Male	-28	-9	-21	-14
Female	-6	-14	-26	-19

*Drop in membership numbers primarily due to a strict enforcement of lapsed membership

#Drop in membership numbers most likely as a result of increased subscription rates

BINGLEY HARRIERS & A.C.

COACHING COORDINATOR'S REPORT 2018



I'm never sure who reads these reports nor who the audience is supposed to be, so I will thank you in advance for getting this far into it and hope that some readers will last the distance. The role of coaching coordinator is one I hold with a great deal of pride. In some ways I am tipping my hat to both my coach Keith Firm, and those involved at any level of coaching inside and outside our club who have helped me out along my coaching journey so far.

My overarching aim for the role is to increase the influence of coaches within the club at all levels of participation and in all disciplines.

At a recent England Athletics coaching day there were coaches in attendance from the club representing speed, jumps, throws, middle distance and off-road running, which in my experience is a first and testament to the willingness of fellow club members to give up their own time for the benefit of others.

In our 125th year as a club it would be remiss of me not to attempt to reference the sheer scale of that time period that our club has been in existence, and this one fact does it perfectly: Our club has been in existence since longer than the modern Olympic Games (which didn't start until 1896).

At the most recent Olympic Games, in Rio 2016, we had 4 members or former members competing in 3 different sports for Team GB. In some small way, a product of the club that is Bingley Harriers.

The reality, however, of Bingley Harriers for most members is Tuesday and Thursday night training with some element of competition at weekends during their preferred discipline and season. The same is said of the coaches.

It's become much more about who we coach and why we coach than what we coach or where we stand.

I dare say the hope of one day coaching an Olympian is not the motivation for many of our coaches to venture out in all weathers when "normal people" are just settling in for a night in front of the TV.

The enjoyment and motivation are seeing our involvement in someone's training payoff in their development, sometimes it's their athletic development and sometimes it's their personal development. When you watch confidence grow or witness someone persevere with a "movement puzzle" until they solve it, there is no question the dedication to the process of coaching is worth it.

The size of the coaching fraternity in the club is on the rise which will (and some would say already has) start to show in competitive performances by members of our club. The next 125 years will be shaped by the current coaches and members of the club.

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COACHING COORDINATOR'S REPORT 2018



The focus of the coaches is supporting the membership in their individual and collective ambitions.

If anyone wants to get involved in coaching or need some advice about getting some coaching with one of our team, please just get in touch.

Keith Daniel

Coaching Coordinator

Keith.Daniel@fulleffect.co.uk

07714 237 278

BINGLEY HARRIERS & A.C.

WEDNESDAY COACHING GROUP REPORT



Back in August Tom Clough advertised a 'come and try track session' aimed at juniors to allow them the opportunity to do a training session at Keighley track with the view to progressing their sports hall skills and allowing both athletes and parents a better understanding of track and hopefully a smoother transition to event specific training. This was primarily aimed at athletes who may at some point in the future want to compete and form the core of our future Youth Development teams. This one session was supported by a number of coaches with a range of levels and abilities including Tom Clough, myself (Alana), Andy Warriner, Aiden Leach and Demetric Nelson. On this particular day we had four athletes who attended. At the end of the session based upon the positive feedback received we chose to extend this for the summer holidays, as the weeks went by the numbers in attendance increased with a total of 13 young athletes ranging from 6 to 12 years of age.

With the 3 months of this group running we have already had one athlete transition into the sprints group led by Keith Daniel. Feedback collected from parents is as follows:

"Lots of positive encouragement and feedback, which is particularly beneficial for (my child) who suffers from confidence issues."

"You always keep them interested and they all seem to encourage each other."

"One of the best training sessions due to the coaches' way of working."

This session runs Wednesday 6:30pm till 7:30pm at Keighley track. As much as we would like to encourage everyone to attend, we are keen to ensure the high quality of coaching continues and therefore we advise anyone keen to join please contact myself or Tom beforehand via Facebook or Mobile to ensure we have the availability. Also, if any coaches would like to be involved please feel free to contact us.

Hope to see more of you on a Wednesday

Alana Gill

Athletics Coach

07423671375

Tom Clough

Throws Coach

07712428692

We were fortunate in the 2018 summer season with real summer weather for all our meetings - making managing, officiating, coaching and competing a pleasant experience. Through the hard work and perseverance of all involved we achieved promotion at the end of the season so next year we will be competing in Division 2WC. Geographically speaking that makes things more convenient as two of the fixtures are at Cleckheaton.

Now is the time to plan your holidays and family commitments around the following fixtures:

Sunday 19th May

Sunday 16th June

Sunday 14th July

Saturday 10th August.

Promotion this year was clinched at the very last match, providing an exciting final competition. The drama did not even end on the day as appeals and points ratifications went on for some time due to the close finish.

We have been successful this season because our teams have been prepared to compete as a team, focusing more on overall points accumulation than individual performances. It was so encouraging to have athletes offering to fill vacant slots on the team sheet, along with their preferred events, and this resulted in our eventual promotion. This approach overcame the sometimes smaller than ideal size of the teams. It did however provide the opportunity for athletes to display their commitment to the team including new mums earning points for the ladies' team. I think this year's men's squad was the largest in a long time. We now have an opportunity to go into the higher league and test ourselves against much bigger squads from much larger clubs but with our team spirit and team effort from last year we have a good chance of retaining our division 2 status. It's not all about points however as we also had the privilege of watching Joanna Lawler-Rhodes competing in triple jump and creating a new club record of 11 metres 78 passing the previous record which had stood for 21 years; congratulations Joanna. Our men's 4 x 400m relay squad were unbeaten all season, another great achievement considering we didn't have the same squad at every meeting.

Well done to all the younger athletes competing for the first time at senior level I know you enjoyed your experience in the senior team and hope to see you all again next season.

Due to a change in league rules we will rely more than ever on assistance from within other sections of the club as more points are allocated to officials than to some performances on the track or in the field. Given the competitive nature of the league these points may make the difference between promotion and relegation. If anyone



has a spare afternoon on the dates above and wants to help the team without putting on a vest, then please get in touch. If you want to go further than just helping and gain a qualification (more points) in officiating either on the track or in the field, the club will cover the cost of courses, and all officials get a free lunch on the day! Our success this season has been a true team effort thanks to our dedicated coaches and officials as well as our athletes and we will aim to maintain our position in division 2 next season.

We will also take this opportunity to announce our team manager's awards for performance this season for presentation at the awards night in March. Jack Thorp and Joanna Lawler-Rhodes, congratulations to you both.
Train hard and well this winter and be ready for the 2019 track and field season.

Colin Daniel Men's Team Manager
Andy Warriner Ladies' Team Manager

BINGLEY HARRIERS & A.C.

LADIES FELL RUNNING TEAM REPORT 2017-2018



Over the last 12 months at least 50 Bingley ladies have got their running shoes muddy in over 50 fell and trail races clocking up over 230 runs - individual & team ventures, fell & trail relays, club & national fell and mountain running championships. Our local trail relays saw the biggest numbers with 23 in the Gathering Winter Fools and 20 in the Millennium Way. 23 ladies and girls ran in the Bunny Run series on Penistone Hill and 17 in our own Bingley Show.

Some great team results came alongside that – some targeted and some because there were enough runners to count. It was especially pleasing to see some of our Junior (J) ladies and girls featuring in the team prizes.

We had 3 teams out at the Gathering Winter Fools relay in Dec 17. Bingley Angels were 2nd ladies' team and, along with the leading Bingley men's team, who were also 2nd, were awarded special sportsmanship prizes – chocolate ;-) – for pulling up on Leg 1 to help a Barlick runner who had fallen and broken his ankle, making sure he was as warm and comfortable as possible until full medical care arrived.

10 ladies were in the Ilkley Moor Race which was also a Yorkshire Fell Championship in Feb18. Victoria Wilkinson, Eliza Findlay (J) and Shona Stone took the ladies team Gold and Vic the individual Gold.

At the Bunny Runs in Mar & Apr 18 Ruby Firth (J), Rebecca Flaherty (J) and Eliza Findlay (J) joined Lesley Watson and Bryony Harding in various combinations, in winning teams at each Bunny run and for the series. In the 'mix & match' Bunny relay teams they were joined in the prizes by Victoria Merrick and Martha Jackson (J). Well done girls.

At the Baildon Boundary Way in April 18 we had 11 ladies out but just missed the team prize this year, softened by age category placings for Sarah Flaherty (3rd F35), Shona Stone (1st F45) and Becky Weight (1st F55).

At the Yorkshire Three Peaks Vic Wilkinson, Ruth Thackray and Lesley Watson scooped the team prize repeating their 2016 victory. Ruth, despite a heavy work schedule and little racing, ran her best time ever.

In June at the Millennium Way Relay, where local rivalries are high, we had two ladies' teams out. The Bingley 125 team were pipped at the post by Wharfedale but came in just in front of Keighley & Craven. The week after at our own Eldwick Gala Fell Race Ruth Thackray, Shona Stone & Eliza Findlay took the team prize.

Our main fell team target for the year took us further afield. The target was to get a ladies team out at the six English Fell Championship races in sufficient numbers to feature in the EFC results for the year. With the first race in early March a Long at

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LADIES FELL RUNNING TEAM REPORT 2017-2018



Edale, the other Long (Buttermere) being very long, one race in the Isle of Man and the other 3 in the Lake District – it was ambitious but with some younger runners just hitting the senior ranks and some newer ladies wanting to be involved on the fells it felt achievable. Bingley Ladies ended the season as 9th ladies and 7th V40 team – a fantastic result. 12 ladies were part of this Vic Wilkinson, Denise Wright, Becky Weight, Jo Henry, Kate Farley, Anna McMillan, Nicola Jones, Michelle Garbutt, Shona Stone, Eliza Findlay and Eleanor Brown, and Vicki Merrick and Mary Green would have been there if life hadn't overtaken at the last minute. A big thank-you to all.

We finished the 2018 season with the October Fell Relays fielding teams at the Hodgson Brothers Mountain Relay (Patterdale) and the British Fell Relay (Grasmere). At the HBMR, a tough Lakeland relay, we were one of only 11 clubs with a ladies' team – an achievement in itself. In the BFR we finished a respectable 13th place out of 56 ladies' teams and welcomed 3 ladies new to our BFR team – but all bringing strong fell, Lakeland and navigation / orienteering experience – welcome to Anna McMillan, Bryony Harding and Denise Wright, who ran alongside Vicki Merrick, Vic Wilkinson and Becky Weight.

Our own club Fell Championship, designed to provide club competition, encourage participation on the fells, and support fell team targets, saw the ladies – Shona Stone, Becky Weight, Nicola Jones, Jo Henry and Anna McMillan taking 5 out of the top 10 senior places. Shona made a last-minute dash for the top, using some creative family juggling and taking advantage of late entries available for Cautley Horseshoe, one of the English Fell Championship bonus point races.

On an individual basis, several 'newer to the fells' ladies tried out their legs on the fells – Jo Henry, Nicola Jones, Eleanor Brown, Sarah Flaherty (Ilkley Moor), Nicky Clay, Lucy Hall (Bunny Runs), Caroline & Phoebe Francis (Bingley Show), Vicky Omelianowicz (Arncliffe), EB, Michelle Garbutt, NJ (Turner Landscape). There may be others! Most enjoyed the challenge and will be back for more.

At the recent 125th Anniversary Dinner it was a pleasure to see Victoria Wilkinson present free entries for the 2019 Lakeland Trails to Caroline Francis and Michelle Garbutt – both nominated for their great positive attitude, willingness to support team events and get involved off-road.

Victoria Wilkinson's focus for the year was on Mountain Running and in preparation several long held classic fell race records fell. In March the Edale (AL, 34km, 1373m) record came tumbling as Vic came in just under 3 hours clearing the previous record set by Sally Newman in 2000 by 10 minutes. Kentmere (AM, 19.8km, 1006m) Fell in July. Vic was 12th overall out of 272 and set a new ladies record of 1.40.23. In August it was the turn of the 35-year-old record at the Burnsall Classic (AS, 2.4km, 274m), set by Carol Greenwood in 1983, to be trimmed by 36 seconds in 15.58. And in September on her first attempt at Ben Nevis (AM, 14km, 1347m) Victoria clocked 1hr 43mins 01secs for the nine-mile race, slicing 24 seconds off Pauline Stuart's

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LADIES FELL RUNNING TEAM REPORT 2017-2018



previous record, which had stood for 34 years. She finished 38th overall out of 488 runners.

In the Mountain Running world Vic won the British Mountain Running Championships in June (Sedbergh, 10.4k, 780m) in 54.55 nearly a minute clear of Emma Gould. In August she was in the 2nd placed GB Ladies team at the Sky Straffeta Tre Rifugi relay. GB Ladies were first too! And in September, Victoria took silver in the Salomon Ring of Steall, World Skyrunning Championships (29km, 2500m). In this international race with over 700 runners, she was 45th overall in 3hrs 54m. The ladies' race was won by Tove Alexandersson of Sweden in 3hrs 46m in 37th place overall.

More long distance ultra runs have been completed this year too. Kate Farley completed her Bob Graham Round in August. John Parkin penned an eloquent note:

'Running from sunset to sunrise is a magical time. Full of hope, despair, darkness, stars and time checks. A time when dreams become reality. Fiery skies at sunset, a sky so full of stars at night it was breath-taking and headtorches at dawn. Dreams. Realities. Willpower. 23:53:53 well done Kate and welcome to the club, it was a real honour to play a part and you absolutely nailed it, well deserved, well planned and well executed. Awesome BG'

Having spoken to Kate a few times since I think she is still riding high on her achievement. She is now one of 4 Bingley ladies to join this elite club – Maggie Dunn (1989), Rachael Sharples (2004) and Aly Raw (2012).

Rachael Sharples, still enjoying the long distances, completed the Red Rose 50 in 13.27 having kept her legs sharp with some shorter fell races including Anniversary Waltz and Kildwick.

Sally Parkin completed her first ultra-run – Lakes in A Day 50 miles in under 20 hours in atrocious weather conditions brought by Storm Callum.

Some of our older 'Junior' girls, Vicki Merrick, Emily Field and Eliza Findlay have been active in national and international trials and races. This is always great to see and especially as at 16 they can start to join in some of the Senior ladies' team events.

Emily Field (U17) won the first Junior English Fell Championship race at Todd Cragg (Mar 18). In June she donned an England vest in the International Youth Cup in Italy, was 13th and in the 5th placed England team. At the end of June Emily and Eliza Findlay were part of the Yorkshire FU19 team who won a silver medal at the Counties Athletic Union (CAU) Junior Inter County Fell Running Championships. Emily was in an England vest again in September at the British & Irish Mountain

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LADIES FELL RUNNING TEAM REPORT 2017-2018



Running Championships where she was 4th and won a Silver medal as part of the England team.

At the other end of the age scale, having just tripped into the V60 category I (Becky Weight) set myself two targets for the year – to bring home the Jenny Vesey trophy for the F60 winner at Three Peaks Fell Race (my first attempt at this race) and to win the F60 English Fell Championship. Happily, I was successful at both, and particularly proud to bring the Jenny Vesey Trophy back to Yorkshire and Bingley.

Looking forward to 2019 thoughts have now turned to targets, championship races and structure, and how to get even more people (ladies & men) in our championship and out on the fells. There is plenty of support available – lots of experience, coaching expertise, fellow runners, training for fell techniques and navigation, following a map & compass, help with transport, linking up with others with young children, and more. So, let me know what you are interested in and what would help you take the next step, and come and enjoy getting your running shoes muddy and stepping on to your next level of fell running.

Becky Weight (Ladies Fell Team Manager)

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MEN'S VETERANS REPORT 2017-2018



Between my September '17 and May '18 Reports, I have overlooked a very notable performance by Les Haynes. At the British & Irish Masters Cross-country Championship in Derry on 18 November 2017, Les was first M75 and a major contributor to an England gold team award for that age group. England were overall winners taking into account all men's and women's age group results. Belated congratulations to Les.

Fast forward to June 2018. At the British Masters National 5K Road Championship at Horwich, Les Haynes took gold M75 (22m.05) and John Convery bronze M55 (17m.31). We also had first M75 team with Les, Mike Smith and John Smithurst; plus, third M55 team with John C, Mark Westman and Don Johnson.

In July Bingley turned out in force for the Yorkshire Vets 5K Championship at Greenhead Park, Huddersfield. We won 2nd M35 – Tom Needham, 1st M55 – Paul Lemmon, 1st M75 – Dave Barber and 1st M80 – John Smithurst.

August featured John Parkin winning the Deadwater off-road Ultra-marathon in 44 hrs, 23 min; repeating his victory in 2017. 235 miles Scotland to Wales, 6 days carrying the food and clothes you need. The organisers only provide tent accommodation and water. Entrants are vetted, 43 were accepted, only 18 started and 10 finished. Possibly not a popular Club Championship race for 2019?

More ultra-running in September/October – having recovered from his May 126 mile Liverpool to Leeds canal run; Stephen Fry took two months leave from work to satisfy a 40-year dream of walking / jogging the full length of the Pyrenees along the GR10 route from Atlantic coast to Mediterranean. An estimated 590 miles and 54,000 metres of ascent which he completed in 36 days without support, except for the occasional delivered parcel to collect along the way. The planning for this trip must have been an ultra-marathon. There are mountain refuges, village dormitories, B&B's and the odd hotel along the way, but minimising kit carried to travel light will make your brain hurt. Stephen's main problem finding accommodation was on Saturday nights when villages were taken over by wedding guests. During the trek he found time to write a web blog www.stephenfryrambles.com which contains pictures and videos. The blog entries were restricted by him damaging his phone and also having very limited access to Wi-fi, but it still provides a fascinating and often humorous account told in his unique style.

Our Vets had further success at two 5K's in September. John Smithurst and Don Johnson attended an open race at Littleborough to commemorate Ron Hill's 80th birthday. John was first M80 and Don 2nd M65 and they were honoured to receive their awards from Ron Hill. Northern Masters held their 5K Road Championship race at the Brownlee Centre, Leeds; where Mark Westman, Don Johnson and John Smithurst all won Gold for their age groups.

At the British Masters National Cross-country relays at Long Eaton, Bingley had the only M75+ team

(Dave Barber, Mike Smith and Les Haynes). They still justified their Gold medals with a gold standard performance for their age group and would have been highly delighted to have beaten our M65+ team of Peter Ellerton, Stuart Thompson and Don Johnson. Fortunately for the M65's, they did not quite achieve that and our M65 team was placed 6th out of 10. Such was the standard of competition that none of us featured in the ten fastest M65+ laps. We were pleased to witness Bingley's W55 team win Gold and Sue Cordingley clock the fastest lap for age.

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MEN'S VETERANS REPORT 2017-2018



The Yorkshire Veterans Grand Prix series of 9 races for this year was concluded on Remembrance Sunday at Spenborough. Bingley involvement with the series has declined in recent years, but Tim Midgeley enthusiastically embraced his M35 status by completing all nine races, his best 6 results taking him to top M35 and third man overall. Peter Ellerton was third M70 in the series.

Peter Ellerton (Men's Veterans' Representative)

BINGLEY HARRIERS & A.C.

WOMEN'S VETERANS REPORT 2017-2018



There have been lots of excellent performances from our lady veterans in the past year and it has been great to see some new faces competing in these events.

Notable performances include:

Northern Masters Cross Country Championships, which were held at a new venue at Ashton under Lyme with an improved course on 11 February, with Sue Cordingley coming 3rd lady overall and 1st LV55 in a time of 20.53.

This was followed by the British Masters Cross Country Championships on 17th March, where our sole female veteran's representative, Lesley Watson, made the long trip up to Forres (near Inverness) worthwhile by her result of 3rd LV45 in a time of 19.51.

We had a good turnout at the YVAA 5-mile Championships (the Bronte 5) on 7th June, with Sarah Flaherty coming home as the 4th female overall and 2nd LV40 in a time of 34.57. Mary Green was 1st LV60 in a time of 38.56.

Lesley also had a successful run at the British Masters 5k Championships, held at their usual venue of Horwich on 17th June and was 3rd LV45 in a time of 19.46.

In the YVAA 5k championships on a hilly course in Huddersfield on 19 July, Sarah was 1st LV40 in a time of 21.00 and Lesley was 1st LV45 in a time of 19.51.

In the YVAA Track and Field Championships held at Cleckheaton on 23rd September Lesley ran in the 5000m and was rewarded for her efforts by taking the honours of both 1st lady and 1st LV45 in a time of 19.45.

The British Masters Cross Country Relay Championships were held on the 27th October at Long Eaton with a LV55 team of Becky Weight, Mary Green and Sue Cordingley winning the V55 team prize, with Sue running the fastest LV55 leg of the day in a time of 12.36, followed by Becky in 4th in 13.45 and Mary in 5th in 13.57. This was an excellent result given that the entire team was suffering from cold viruses and none were on their best form. They did however replicate the teams result in the 2016 edition of this championship event.

If you are interested in competing in any future vets events or would like any further information, please contact Sue Cordingley and many thanks to everyone who has completed for Bingley during the last 12 months.

Sue Cordingley (Women's Veteran Team Manager)

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CLUB ROAD RUNNING CHAMPIONSHIP REPORT 2017-2018



There were lots of Harriers out racing on the road this year. The Road Club Championship kicked off in February with the Lister Park run and plenty of Harriers took part. By the end of the championships, which finished in late September at the same venue, 67 members had taken part across all age groups, which is encouraging. Competition was close with only the odd point separating the final positions. Congratulations to the overall winners Sarah Flaherty and Matthew Merrick. One of the most rewarding aspects of the championships is seeing prizes awarded to those that were consistently improving over the year. The various winners are listed below. Well done to you all.

Women

1st Sarah Flaherty: 249
2nd Victoria Merrick: 248.
3rd Nicola Jones: 241

Age group winners

F35 1st Lucy Hall: 225

Men

1st Matthew Merrick: 250.
2nd Tom Needham: 247
3rd Jonathan Gallucci: 244

Age group winners

M45 1st. Gary Naylor: 227, 2nd Abid Hussain: 182.
M50 1st John Merrick: 224, 2nd M50 Emyr Rees: 204.
M55 1st Paul Lemmon: 228.
M65 Don Johnson: 209

For any road team manager, one of your most important responsibilities is fielding teams in the regional (and hopefully) National relay events. The relay season started relatively well with a twelve and a six stage team running at Birkenhead on a gloriously sunny afternoon. Despite some hiccups on the day, a great team spirit ensured we closed both teams. Next event was the Yorkshire road relays where we had a fantastic turnout, with 4 men's and 2 women's teams entered, which was very encouraging. Not only were participation levels high, the standard was too, with our Women finishing a magnificent 4th, and Matthew Merrick, Lesley Watson and Phoebe Francis all recording top 10 fastest times.

However, despite the interest shown at that event, there wasn't the same enthusiasm for the Autumn Northern six and four stage relays, although timing of the event does affect our university headed runners. That aside, the club still fielded a men's and women's team and my thanks go to those that ran and those club members that offered to run and wouldn't see the teams short. Both teams ran well with our women again showing they can mix it with the best, but there is still more to be done to encourage participation in the regional relay events and getting qualification (men) and interest in the national championships.

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CLUB ROAD RUNNING CHAMPIONSHIP REPORT 2017-2018



These events are a shop window for the club, ambitious athletes looking to join a club look for those that are competitive in these events.

Other noteworthy road running performances include our President, John Smithurst's gold medal in the British Masters 10k road champs, in soaring temperatures. There were also many Yorkshire Champions on the road in 2018:

5k - W40 Sarah Flaherty, W45 Lesley Watson, M55 Paul Lemmon, M80 John Smithurst.

5M - M45 Graham Askew, W60 Mary Green

10k - M55 Paul Mitchell

There are many more excellent performances and personal bests achieved over the year, not listed here, but I've enjoyed watching you all perform to your best, for the club and yourselves, and wish you all continued success.

Neil Robson (Road Running Team Manager)

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JUNIOR CROSS-COUNTRY REPORT 2017-2018



Tuesday September 11, and this evening we had our first well-attended training session since the beginning of the school holidays. Seeing so many new recruits, whose names will have to be learnt over the next few weeks, always creates a feeling of real optimism, and we are all looking forward to another busy and, we hope, successful season, beginning with our traditional Schools races on Wednesday September 26.

Looking back at last season it is difficult to judge whether the Juniors have continued to progress or not : on an individual level there have been so many wonderful performances , but when it comes to team results there is still some way to go. However, the quality of our youngest runners is very good and, although numbers of those attending the general sessions have continued to dwindle, the attitude shown by those who do attend does give us some cause for optimism.

Martin Peace's group of talented runners has continued to grow , particularly at the younger end, and if we can keep them together, and if we can get them to take advantage of every opportunity to represent the Club in races, we should see more team success.

The season began earlier than usual with our first visit for some years to the Northern Cross Country Relays at Graves Park. We were able to field six teams who all performed splendidly, with the highlight of the day being the 5th place achieved by our U11 Boys.

Next came the four races of the West Yorkshire League: numbers were down on the previous year, and team results were a little disappointing, though our U13 Boys did well to finish 5th in a very competitive field. Individual results, on the other hand, were outstanding: Martha Jackson finished 2nd in the U11 Girls, Rebecca Flaherty came 1st in the U13 Girls, and Emily Field shared first place in the U17 Women, where she was ably supported by the ever-dependable Eliza Findlay – such a pity that there was no third counter. Progress-wise, I would like to mention William Askew who improved by fifteen places on the previous year.

One innovation in the first half of the season was the introduction of our 3k series, which was aimed particularly at our youngest runners who have so little opportunity of racing. Fortunately, they responded very well, with 51 different runners taking part at one time or another, and there was a real competitive spirit shown.

Unfortunately, despite this introduction to racing, very few took the next step of competing in the PECO League, which is a very friendly and relaxed environment in which to test one-self. Once again, however, those who did participate achieved some excellent results: Abby Clay came 3rd in the Y2-4 Girls; William Johnson was 7th in the Y2-4 Boys; Holly Walters was 7th in the Y7-9 Girls; Alex Flaherty was 2nd in the Y7-9 Boys and Rebecca Flaherty 1st in the Y7-9 Girls.

At the Championships our numbers were not large, but we did have two scoring teams in the Yorkshire Championships, the U13 Boys and the U15 Boys, and three brilliant qualifiers for the Yorkshire team, Rebecca Flaherty, Emily Field and Reuben Mantle. I should also mention the excellent runs of Samuel Mantle in 14th place and Ruby Firth in 11th, whilst not forgetting Matthew Merrick and Phoebe Francis who both qualified in the U20 races.

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JUNIOR CROSS-COUNTRY REPORT 2017-2018



At the inter-Counties our junior runners performed brilliantly: Rebecca, in her first year in the age-group, came 15th, Emily 10th and Reuben 20th, in what was the run of the day, considering that he was only called up a few days before the race.

The Northern Championships were held in the magnificent (and very muddy) grounds of Harewood House, the venue for the National in 2019. Once again, the U13s were the stars of the show, finishing in a superb 7th position, with Oliver Peace producing a magical run in 16th place. He was ably supported by Samuel Mantle, Jake Wallace, Theo Clay and Joseph Smith - a real team effort! Wonderful individual performances came from Alex Flaherty in 22nd, Emily Field in 10th and Rebecca Flaherty in 6th. The National this year was at its spiritual home: Parliament Hill Fields, and 12 of our juniors and their brave supporters are to be congratulated on making it there. In particular I would like to thank Sarah Flaherty and Chris Mantle who, in my lamentable absence, organised the team on the day. Fortunately their efforts were very well rewarded, with Samuel Mantle coming 63rd, Oliver Peace 60th, Alex Flaherty 29th, Reuben Mantle 19th (surely his best-ever run?) and Rebecca Flaherty 16th in her first year in the age-group. Well done, too, to Jake Wallace, Ben Rees, Joseph Carnelley, Josh Spencer, Vicki Merrick and Matthew Merrick for carrying the Club colours with such distinction in foreign parts. It was particularly pleasing that Vicki was able to run after all the injury problems that she has had. Of late she has shown a glimpse of her real talent and we would like to wish Vikki and Matthew every success in their university careers. Thanks too to John Merrick who has given us such great support over the years.

Temple Newsam was the venue for the English Schools this year, and it turned out to be an extremely tough day for all concerned, including all the Bingley Harriers acting as marshals, who turned out in greater numbers than any other club. In the races we had seven representatives: Alex Flaherty, Oliver Peace, Emily Field, Reuben Mantle and James Askew representing West Yorkshire, Ben Rees and Ruby Firth representing North Yorkshire. The best runs of the day came from Alex in 43rd and Emily in 29th, but everyone deserved a medal for finishing.

In the National Schools Finals for years 5-7 we had two runners, and both performed brilliantly, with Martha Jackson coming 7th in the Year 6 race and Rebecca Flaherty winning the bronze medal in the Year 7.

Rebecca, Oliver Peace and Emily Field were selected to represent Yorkshire and Humberside in the London Mini-Marathon. Oliver was 46th, Emily 38th and Rebecca 28th in their respective age-groups - a great experience for them all.

I have already spoken about the great achievements of three of our Trophy Winners (see list below) but should also say something about the remaining two.

The Best Team Player Award was deservedly won by Holly Walters: since joining us she has always been up for the challenge and has never turned down the opportunity to represent the Club at all levels, often ensuring that we had a team result. Her training has been exemplary and her commitment total -well done!

The Endeavour Award, presented to the Club by Fred Gibbs, went to Ruby Firth, another of our athletes who never gives anything other than her best. Unfortunately, she often finds herself as the sole Club representative in her age-group, but that never stops her from giving her all. This year she did represent North Yorkshire, but we are all hoping that she will be rewarded with full County honours in the New Year.

I am very conscious of the fact that, although I keep stressing the importance of team success, I have spent most of my time talking about individuals. So let me remedy that by mentioning the names of all those who have contributed to the Team and have not yet been mentioned: Grace Ross and Evie Trusselle in the U11 Girls; Matthew

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Peace and Theo Armitage in the U11 Boys; Eleanor Dawson in the U13 Girls; Alistair Trusselle in the U13 Boys, and Grace Dawson in the U15 Girls. All of these have played an important part and I hope that they will continue to give of their best. Which brings me back to the team “thing”, and the role played by parents and supporters; all of us, coaches and runners, are extremely grateful for the encouragement and help that we receive, not only at races but also in training, all of which helps to create a real club atmosphere.

Personally, I am indebted to Martin Peace for the wonderful job that he is doing with our experienced runners, and to my esteemed colleagues (and great friends!) David Potter and Graham Smith: their enthusiasm and dedication, not to mention their constant good humour, make my job so easy. All four of us are already looking forward to the new season!

Tony Kingham (Boys’ Junior Team Manager)
(Girls’ Junior Team Manager)

Awards

Under 11 Girls	1st Martha Jackson	2nd Grace Ross	3rd Abby Clay
Under 11 Boys	1st William Askew	2nd Matthew Peace	3rd William Johnson
Under 13 Girls	1st Rebecca Flaherty	2nd Holly Walters	
Under 13 Boys	1st Oliver Peace	2nd Samuel Mantle	3rd = Jake Wallace 3rd = Theo Clay
Under 15 Girls	1st 2nd Ruby Firth		
Under 15 Boys	1st Alex Flaherty	2nd Joseph Carnelley	3rd Ben Rees
Under 17 Women	1st Emily Field	2nd Eliza Findlay	
Under 17 Men	1st Reuben Mantle	2nd James Askew	3rd Josh Spencer
Under 20 Women	1st Phoebe Francis	2nd Vicki Merrick	
Under 20 Men	1st Matthew Merrick		

Trophy Winners

Top Male Competitor	Reuben Mantle	(Harry Leighton Cup)
Top Female Competitor	Rebecca Flaherty	(Hardaker King Cup)
Best Team Player	Holly Walters	(Captain’s Award)
Most Improved Athlete	Oliver Peace	(Wells Cup)
Endeavour Award	Ruby Firth	(Fred Gibbs Shield)
Award for Outstanding Achievement	Rebecca Flaherty	(Gerry Spink Plate)

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SENIOR MEN'S CROSS-COUNTRY REPORT 2017-2018



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SENIOR MEN'S CROSS-COUNTRY REPORT 2017-2018

Last year we changed the format of the Cross-Country championship using all 7 of the season's races in a grand prix style championship with points awarded and totalled over the 7 races. The best 5 performances counting to the overall points total. The final table is enclosed, the men's winner was Martin Peace. Well done Martin and thanks for turning out and personally for your support.

The Championships will operate along the same lines using the same races for the coming season, but I am introducing one slight change to the point scoring system. Again, the first Bingley runner home will get 25 points with the best 5 performances counting to the total. However, bonus points will be awarded for running all 7 races. The bonus points will be to double the points scored in your best race of the 5 scoring races. So, if your best single score of your 5 races is 18 points, but you run all 7 races, you get an extra 18 points. I hope that's clear but if you are confused don't worry.... just run all 7 races.

We failed to finish a scoring team in the final West Yorkshire meeting last season. This mean we didn't finish in the overall league which is disappointing, so the above change is to try and ensure it doesn't happen again this year but also reward those who are there on the start line come what may.

Last year we used the National Cross-Country Championships to try something new. A cross country handicap based on finishing time. We will be doing this again this season. So basically, performances in the first 6 races will be used to gauge ability and fitness. You will be given a time allowance in the week before the National, this time allowance will be deducted from your finish time to determine the Handicap winner. There will be a prize in the form of a voucher for a sports shop for the Handicap winners. Last year the Handicap was one by Ian Fisher. Well done Ian. Can he repeat the feat this season when the National come to Harewood House?

I can't finish without mentioning last year's Northern XC Championship at Harewood House. It was brilliant. Here is my report from the day. I hope this give you a flavour of everything I enjoy about Cross Country running and that it inspires you to turn out this season.

Northern championships Harewood House on 27/1/2018

Well, after months of me wittering on about this event, the day eventually arrived. If there was an award for having the most senior male entries, we would have finished 4th behind Sale 34, Salford 30 and Leeds 29 Bingley 28 so thanks to all who entered even if you didn't make it to the start line through illness or injury. 17 Harriers lined up in pen 35 of 140 and a long line of runners stretched for 150 meters 20 plus deep. A sense of nervous excitement was evident in the last few moments before the off. Two laps around the grounds awaited us. 7.5 miles of scenic undulating park land. A stunning location for an afternoon run in the company of likeminded companions, almost 800 of them. Suddenly the gun goes and it's a charge up the hill. Those who have never run in the Northern or National XC championships or similar can't know the incredible experience of the first few minutes of this race. The deafening noise, not only the noise of the crowd but thundering of the feet in the ground, the heavy breathing of the other runners as they fill their lungs with much need oxygen, it's like you can hear the noise of their hearts pounding with excitement. What a fantastic experience. The underfoot conditions vary, and parts of the course are very heavy. It takes all your strength to pull your foot out of the thick glutenous mud. Well I did say in previous posts that those taking part in this race would have a day they would remember for a long time. I never said why but be fare in other parts the ground was firm, the running fast and the scenery stunning. The conditions

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SENIOR MEN'S CROSS-COUNTRY REPORT 2017-2018



proved too much for many and I counted at least a dozen runners who succumbed to the dreaded D.N.F. Thankfully all our boys made it to the end and along the way they enjoyed personal battles with club colleagues.

As you will see from the finishing positions things were very close in the middle of the pack and positions were exchanged as our boys tried to better each other in the spirit of healthy competition. Do not underestimate how fiercely these battles were fought, the winning of club bragging rights among your peers seems the most important thing in the world at that moment in time allowing you the upper hand until the next race and the result will live long in the memory if you gain the advantage.

We were led home by Tim Midgley who finished in 149th in a time of 47:06 Next was Martin Peace 272nd 50:27, Clive Smith 380th 53:12, Robbie Williams 397th 53:47, John Parkin 408th 54:00, Will Duggan 417th 54:08, Dave Stephenson 422nd 54:22, Paul Lemmon 454th 55:12, Dave Potter 491st 56:05, Carl Hitchens 499th 56:15, Greg Trusselle 500th 56:22, Stephen Fry 572nd 58:52, Bill Belcher 644th 63:09, Richard Falkingham 665 64:18, Emyr Rees 708th 67:54, Tony Kingham 720th 69:58, and Phil Hawkswell 738th 71:47. There were 761 finishers. 57 clubs finished a scoring team of 6 runners of which we were 32nd. All in all, it was a day when I was proud to be a member of Bingley Harriers. Thanks to all who contributed to make it so, either as competitor, supporter or official.

Please put a note in your diaries or on your wall planner or whatever you need to do to reserve the day among your priorities for next year.

Saturday 23rd February 2019

National Cross-Country Championships at Harewood House.

You are invited to run and represent your club in this historic race.

Your club needs you. Don't let it or your club colleagues down.

Keep the blue hooped flag flying.

Stephen Fry (Senior Men's Cross-Country Captain)

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CROSS-COUNTRY LEAGUE TABLE 2017-2018



Cross Country League Tables Season 2017/2018

	WYL Wkfld	WYL Gusly	WYL Spen	WYL Kgly	Yorkshire
	Race 1	Race 2	Race 3	Race 4	Race 5
M. Peace	23	25	23	0	24
S. Fry	19	18	20	0	23
I. Fisher	25	0	25	0	25
J. Convery	24	25	24	25	0
P. Ellerton	16	15	18	21	19
E. Rees	15	13	17	0	21
P. Lemmon	20	19	21	0	0
B. Belcher	0	14	0	23	22
K. Garlick	0	22	22	24	0
W. King-Farlow	0	17	19	22	0
D. Potter	17	20	0	0	0
P.Hawkswell	14	0	0	0	20
J. Parkin	22	0	0	0	0
J. Senior	21	21	0	0	0
C. Hitchens	0	16	0	0	0
Tim Midgley	0	0	0	0	0
A. Brown	0	24	0	0	0
Jack Thorp	0	0	0	0	0
Clive Smith	0	0	0	0	0
Robbie Williams	0	0	0	0	0
John Parkin	0	0	0	0	0
Will Duggan	0	0	0	0	0
Dave Stephenson	0	0	0	0	0
A. Gibbons	18	0	0	0	0
Greg Trusslle	0	0	0	0	0
Richard Falkingham	0	0	0	0	0
Tony Kingham	0	0	0	0	0

Cross Country League Tables Season 2017/2018

Senior Ladies

	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6
	WYL Wkfld	WYL Gusly	WYL Spen	WYL Kgly	Yorkshire	Northern
E. Kitchen	25	25	25	0	24	0
M. Sol Carrera	23	22	23	23	21	22
B. Weight	0	21	22	22	19	20

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CROSS-COUNTRY LEAGUE TABLE 2017-2018



L. Watson	24	24	0	0	0	24
E. Brown	22	20	0	21	17	0
C. Smith	20	0	20	19	0	17
Jo Buckley	0	0	0	25	25	25
A. Whitehead	0	23	24	24	0	0
S. Robinson	0	19	0	18	16	15
L. Heywood	21	0	21	20	0	0
D. Wright	0	0	0	0	23	23
S. Dewhirst	0	0	0	0	22	21
E. Green	0	0	0	0	20	19
C. Francis	0	0	0	0	18	18
Alana Gill	0	0	0	0	0	0
s. Parkin	0	0	0	0	0	16

Stephen Fry (Senior Men's Cross-Country Captain)

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YOUTH DEVELOPMENT LEAGUE (LOWER) REPORT



I would like to start by saying congratulations to the YDL Upper team who did so well this year and will be promoted to a higher league next year.

I am afraid the YDL lower didn't have such a good season and finished at the bottom of our league. We had a really small team this year and I would like to thank those athletes who did compete and well done for all your hard work against such difficult odds.

We really missed the dedicated athletes who moved up an age group this year, but our loss was the upper age group's gain and hopefully we will be able to field a stronger, larger team next season.

The forms with the dates and venues for next year will be out after Christmas. If you are able to compete for any of our track and field teams, please fill in the form and return it to the relevant team managers.

Thank you to all the athletes who competed this year.

I look forward to seeing you all next season.

Jill Jones (YDL Lower team manager)

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YOUTH DEVELOPMENT LEAGUE (UPPER) REPORT 2018



Match 1

We arrived at Scunthorpe on 29th April and were welcomed by a very windy and cold Quibbel Park Stadium full of hope, with new athletes and a new mentality that we could succeed this season. It was always going to be a tough league season ahead of us with strong teams across the board, all with great athletes and the same aspirations of promotion. We came with the attitude that we could compete with these teams and push ourselves to a higher level.

We came from a season where we finished fifth in the league table and never being any better than fifth in a match. This was something myself and many of the athletes I spoke to before the start of the season wanted to change. We strived to be competitive and believed fully that we had the athletes to get higher in the league and hopefully in the top three.

Coming into the first league match of the season we had 21 athletes who turned up and proudly wore the Bingley Club colours which was a great start as this was already more than the previous season. This proved to be a catalyst to a great start to the season as we secured third place in the match. We finished in a very safe position of 75 points ahead of fourth and 67 behind second. This was already better than the previous season and you could that helped start to form a good team atmosphere that was willing to work for each other.

During this match we watched 10 athletes start the season with PB's, these where **Alfie Vincent** in the 100m and 200m, **Drew Walford** in the 200m, **Archie Scott** in the 400m, **Abigail Allport** in the High Jump, **Chole Burbidge** in the Shot Putt, **Sophie Tiler** in the Shot Putt, **Shaun Barron** in the Discus, **Olivia Francis** in the Discus and **Marnie Leach** in the Hammer.

This was a great start to the season and something we could build on going forward. I decided as coach of the YDL Upper team to select a man and woman of the match at the end of each fixture. For this match our Man-of-the-Match was **Alfie Vincent**. He came into the new season full of enthusiasm and started off like a house on fire with two personal bests in the sprints which is the best way to start the season. He is an athlete who can progress to become a valuable member of the senior team in the next few years in both sprints and long jump.

As for the Woman-of-the-Match, this was a tough one as all the girls stepped up and gave all they could. But for me it was the new girl **Poppy Anderson** in her first YDL match for the club who stepped into two races - the 800m and 1500m and then even ran a leg as part of the Under 17's 100m Relay. She also integrated herself into the team really well and I'm sure will be a fixture of the club's track team for the future.

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YOUTH DEVELOPMENT LEAGUE (UPPER) REPORT 2018



Match 2

We came into the second match of the season full of confidence after the good showing in Scunthorpe. The team for Cleethorpes had changed quite a bit from the first match with only 12 of the 21 returning, but like any good team we replaced the missing 9 athletes by bringing in 9 more athletes into the squad to bring us back up to 21, which is a great achievement and shows what great strength in depth we have in the club.

This fixture turned out to be one of the closest matches I've ever been a part of in athletics and was far too close to call until the final event. It turned out to be a great tussle between us, Scunthorpe and Hallamshire. The lead swapped around all through the day. At first call we were in third place, 10 points behind first. When the second announcement is made, we have pulled two points ahead and in to the lead, ahead of Hallamshire. Going into the relays and the last few events of the day it was announced we had fallen behind Hallamshire by a single point and just ahead of Scunthorpe. This really rallied the team together going into the relays and the last field event - the discus. After these events the scores were tallied after most people had left but we stayed behind to find out what the final score was. That turned out to be a great idea as we learned that we had managed to claw ourselves into first place and won the match by 6 points from second placed Hallamshire and only 16 ahead of third placed Scunthorpe.

This was the age group's first league match win in this league format which was started in 2013. The victory represents a huge step in the right direction for the club and all the athletes concerned. This match was won by the commitment to succeed and the team's bonding with each other and wanting to work hard for each other. We had athletes doing events that they wouldn't usually do and giving things a go as a team to get the team where we all wanted to be and that is huge part of what I am trying to instil in the athletes and something that we will continue to push going forward.

This team spirit and willingness to work for one another was shown by how many PB's the team racked up. These were from **Alfie Vincent** in the 100m, 200m and Long Jump, **Ethan Hunt** in the 200m and Long Jump, **Henry Ackroyd** in the 400m, **Joseph Carnelley** in 800m, 1500m and 3000m, **Jonathan Sutcliffe** in the 1500m, **Olivia Francis** in the 1500m steeplechase, Discus and Javelin, **Tommy Thorp** in the High Jump, **Ruby Klarzynska** in the Long Jump and Javelin, **Shaun Barron** in the Triple Jump, Discus and Javelin, **Poppy Anderson** in the Triple Jump, **Sam Berry** in the Shot Putt, **Sophie Tiler** in the Shot Putt, **Tom Young** in the Discus and **Olivia Stafford** in the Hammer and Javelin.

My Man-of-the-Match award this time around is **Joseph Carnelley** he came all the way to Grimsby after doing a race the day before and originally only came to do the 800m and maybe the 1500m. He ended the day by doing both of those races and then asked for the 3000m as he still felt alright. Even after doing all three he came up to me asking if he was needed for the relays. The commitment shown by him on that

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YOUTH DEVELOPMENT LEAGUE (UPPER) REPORT 2018



day was an example that everyone should strive to show. I was so pleased to have someone in the team who showed such commitment. His desire to do what he needed for the team was second to none. I have only really met this athlete in passing a few times through the club, but I will certainly want to see him more often after these performances!

As for the Woman-of-the-Match it would have to be **Olivia Francis**. She is proving to be such a valuable asset once again in the YDL. For this match she excelled in everything she did with 3 personal bests. In the 1500m Steeplechase she ran on her own which is always a hard thing to do. She also hit a massive PB in the Javelin after a very consistent series of throws. After the three events she also backed up in the 4x400 relays for the under 20's. She always gives 110% and I couldn't ask for any more from her.

Match 3

After winning match 2 there was a buzz amongst the athletes with promotion in sight. We sat in second place, 1 league point behind leaders Hallamshire and 1 league point ahead of third placed Scunthorpe, so it was all set to be a very tense day in Cleckheaton.

We had a massive team of 24 for the final match with a few more new faces and four athletes who had done fell races the day before which shows great commitment to the team. were **Josh Spencer, Jonathan Sutcliffe, Jack Muir and Poppy Anderson** and I thank them for showing what it means to them to be a part of both sides of the sport.

On what was one of the hottest days for an athletics competition I have ever been to and with there not being much shelter at Spenborough Athletics Track, Bingley athletes knew that something special would be needed to win promotion. This meant that to succeed and get what we wanted from the season all the Bingley athletes would have to put everything they had into every event they took part in. And by the end of the day they had got what they strived for all day. But there was no chopping and changing of competition leaders at this event! Bingley led for the best part of the day and finished the match 44 match points ahead of Hallamshire in second. This means we both finished the season level on league points at 16 and achieved promotion.

This was a massively successful day. I couldn't find any old results past 2013 for this age group so I can't find when we were last promoted or the last time this age group won two league matches in a season which says something. This is a massive achievement and in our 125th year combined with the Senior team getting promoted back to division two it shows the strength of the junior team and the knock-on effect it is having around the club.

This was a huge match for PB's with the following: **Archie Scott** (100m), **Genevieve Gaul** (100m & Javelin), **Ruby Klarzynska** (100m, 200m & Javelin), **Drew Walford** (200m & Long Jump), **Harriett Paulat-Brigg** (200m & 400m), **Poppy Anderson** (300m), **James Askew** (400m & Long Jump), **Jonathan Sutcliffe** (400m) **Josh Spencer** (1500m), **Jack Muir** (1500m & Javelin), **Tommy Thorp** (2000m s/c),

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Abigail Allport (High Jump & Shot), **Megan Ellis** (Long Jump), **Shaun Barron** (Triple Jump), **Tom Young** (Shot), **Sam Berry** (Shot), **Marnie Leach** (Hammer & Discus), **Alfie Warriner** (Hammer), **Megan Ascough** (Hammer) That is 19 out of the 24 who got PB's that one heck of a day. And after all that the relay teams produced some great performances as well with a PB for the u20 women's 4 x 400m team (**Ruby Klarzynska, Poppy Anderson, Phoebe Francis & Harriett Paulat – Brigg**) and three more seasons best for the u20 men's 4x400m (**Ed Chafer, Jonathan Sutcliffe, Jack Muir & Archie Scott**), u20 Women's 4 x 100m (**Abigail Allport, Harriet Paulat-Brigg, Marnie Leach & Megan Ellis**) and Finally u20 Men's 4 x 100m (**Ed Chafer, Alfie Warriner, Sam Berry and Archie Scott**) and if this isn't how to finish a season I don't know what is.

Man-of-the-Match choice for the final match is a tough one especially with so many personal bests achieved by Bingley athletes at this event. But after much deliberation and taking into account the performances over the season during which this man never gave up and even took up new events through the year when other people came through and made claims for places at events in which he was involved I decided that the award had to go to **Ed Chafer**. In all he did five events - 100m, 200m, 400m Hurdles and both relays. He also usually does the Long Jump but decided that the hurdles would be better for points. He is the first one to try get team morale going and also is a key part in taking the relay teams aside and making sure everyone knows what they are doing and how to get the baton round if they haven't done it before. This was also his last match as a junior before becoming a fully-fledged senior. He has been a part of promotion in every age group - Lower YDL, Upper YDL and Seniors. I don't think there are many in the club that can boast that.

The Woman-of-the-Match is **Ruby Klarzynska**. She has progressed so much this season as an athlete and is willing to throw herself into events she wasn't always comfortable in as she hadn't done them before such as the 4x400m relay. She has been one of the consistent athletes at every event this season. She finished off her season with three Personal Bests and finished the day as part of the 4x400m under 20's women's team that also achieved a personal best which has stood since 2015. She has also in my opinion become a leader for a lot of women to follow in the team showing how to act and helping drive team spirit with one or two of her friends within the team. I could not be happier to have her as a part of my team.

As I finish this report, and I know it's quite a long one, I would like to thank all 34 athletes who competed : **Alfie Warriner, Ed Chafer, Archie Scott, James Smith, Shaun Barron, Tom Young, Ruby Klarzynska, Natalie Morris, Megan Ascough, Marnie Leach, Olivia Francis, Alfie Vincent, Drew Walford, Jack Muir, Logan Madhas-Hargreaves, William Thompson, Poppy Anderson, Chloe Burbidge, Abigail Allport, Megan Ellis, Sophie Tiler, Sam Berry, Henry Ackroyd, Tommy Thorp, Katie Smith, Phoebe Francis, Olivia Stafford, Ethan Hunt, Joe Carnelley, Jonathan Sutcliffe, Josh Spencer, Genevieve Gaul, James Askew and Harriet Paulat-Brigg**. And my thanks to all the Parents, Officials and Coaches who made

BINGLEY HARRIERS & A.C.

YOUTH DEVELOPMENT LEAGUE (UPPER) REPORT 2018



this season with your support to myself and the team. That support has been invaluable and this season would not have been possible without you. I look forward to working with you all again soon.

If anyone wasn't a part of the team and have been inspired to be a part of the team or know someone who might want to be involved or even would like information on training and where to go for the event you want and which coach to see, please get in touch and I will happy to answer and questions.

Thanks for this season

Tom Clough (Throws Coach and YDL Team Manager)

tom_clough09@hotmail.co.uk

BINGLEY HARRIERS & A.C.

5K SERIES REPORT SUMMER 2018



This is my final report on the Summer Series 5k's. I have decided that the series needs a kick up the backside by a new organiser with new ideas and more motivation.

The series came started as a one off in 2009 and progressed fairly quickly to its current format of 6 Tuesday night events throughout Spring and Summer, starting after the Bunny Runs had finished and ending just before the Juniors go back to school. It's been an absolute pleasure to see the adults and juniors competing with each other regularly and trying to beat each other's times.

The format has remained the same with groups of similar ability going off at minute intervals with the aim of everybody finishing as close together as possible at the end. With normal races you do tend to have big gaps between runners but in this format it's not uncommon to see 40-50 runners crossing the line within a minute, great to see but hard work for the number collectors to keep up.

With the handicaps being updated after every event things are never the same, you might win one week but be in the latter half of the field next time even though you've run the same time.

Unfortunately, over the past couple of years, the overall numbers taking part have definitely fallen, the average participation in each race was 48 in 2018 compared to 85 just 4 years ago. In one event there were only 18 competitors, a far cry from the maximum of 115 that has been achieved. This year 121 have taken part in at least one event whereas it used to be 200+. What's the reason behind the fall, I don't know, which is why I feel the series needs some new blood.

So, if you would like to volunteer to organise the series, as an individual or as part of a small team I'm sure the club would be very grateful. I will offer as much help and support as I can give and I'm fairly sure the existing team of helpers will be around to help. Just let me know at martinpeace@live.co.uk.

This brings me to the team that have helped make the series a fairly straightforward task, Paul Tiffany compiles the results and registration lists, Kerry Gilchrist is almost always on hand to help taking the entries, John Capenerhurst has been a 100% attendee as timekeeper. Without these three people the series wouldn't have run as smoothly as it has and deserve a big thank you from me. But there are many others who have helped out regularly and deserve our thanks, Bob Dover, John Smithurst, Tony Pickles, Barbara Carney, Helen Peace, Ian Goodyear, Tony Kingham, Dave Potter, Graham Smith. There are many others, too many to mention unfortunately, but thank you all of you.

As far as 2018 is concerned the winners are listed below, we'll done to you all and thanks for making The effort to compete in the Series.

Ladies

Men

BINGLEY HARRIERS & A.C.

5K SERIES REPORT SUMMER 2018



Seniors- Jo Henry
V40 – Jo Buckley
V50 – Rosie Jeeps
V60
V65
V70

Scott Poole
Emyr Rees
Paul Lemmon
Phil Hawkswell
Bruce Duncan
Les Haynes

Juniors

Girls

Boys

U8 Abby Clay
U10 Mia Naylor
U12 Rubin Coulton
U14 Ruby Firth

William Johnson
Robbie Temple
Cian Pryce
Sam Mantle

The fastest overall time was achieved by V45 Graham Askew with 18.25 just one second faster than 14 year old Alex Flaherty.

The fastest 'Lady' was Ruby Firth with 20.23 but only seconds behind were V40 Jo Buckley and 12 year old Rebecca Flaherty.

Well done to you all.

It would be really sad to see the series disappear so please, if you want to get involved, let me know ASAP. It really isn't that much hard work and is hugely rewarding and a fantastic way for the running club to mix, socialise and compete together on equal terms.

Regards

Martin Peace. (Race Director)

BINGLEY HARRIERS & A.C.

PULTON CUP 2018



We held the Pulton Cup on Tuesday the 3th July and sadly we only had 44 athletes taking part as two of the schools in the area had their sports day that day.

The competition is a Quadathlon and comprises of a sprint, long jump, a javelin throw and finishes with a middle-distance race.

We had lots of under 9, under 11 and under 13 athletes but sadly very few under 15- and 17-year olds.

I would like to say well done to all who took part and to thank all the parents and everyone who helped on the day.

Under 8 Girls 1st Ruby Ward/Elouise Temple 2nd Mya Herar

Under 9 Girls 1st Poppy Joyce 2nd Maddie Squires 3rd Isla Callan

Under 9 Boys 1st Alex Allen

Under 10 Boys 1st Josh Hanan 2nd Joel Mchugh 3rd Sam Musgrove

Under 10 Girls 1st Charlotte Pimperton 2nd Kia-yi Wild 3rd Marnie Walford

Under 11 Girls 1st Maddison Cresswell/Fearne Midgley 2nd Katie Duggan/Evie Trussell

Under 11 Boys 1st Oliver Hanley 2nd Finlay Whatford

Under 13 Girls 1st Saiorse Campbell 2nd Elsie Joyce 3rd Tamsin Crosby

Under 13 Boys 1st Seth Simpsons 2nd Jude Crosby- Mckenna

Under 15 Girls 1st Isobel Lancaster 2nd Jess Cory 3rd Mary Grogan

This year Under 10 Josh Hanan was the over all winner with a score of 80 points

All the awards were presented at the Pizza and prizes evening on the last night of junior summer training.

Jill Jones (Coaches and Organisers)

Janet Pearson

Janet Pollard

BINGLEY HARRIERS & A.C.

WEST YORKSHIRE TRACK & FIELD REPORTS 2018



The West Yorkshire League is a local competition consisting of 6 meets and the championship. These meets are held at either Thornes Park, Wakefield & Spenborough Athletics Track, Cleckheaton. Athletes finishing in the top 6 of each event are awarded points respective of their position. With 1st place receives 7 points, 2nd receives 5, 3rd receives 4, 4th receives 3, 5th receives 2 and finally 6th receives 1. These points are then accumulated over the season to determine an athletes overall finishing position, with the top 3 receiving plaques. The league is a great place for athletes to experience athletics in competition format for the 1st time and try any event that takes their fancy or for more experienced athletes to explore other events not previously done.

This year 10 Bingley Athletes in total took part in this league across the various age groups. Each with a different goal in mind, these included: James Askew (u20,800m), David Carpenter (SEN, 200m), Ian Eaton (SEN, 200m), Alexander Thompson (u15, 800m,1500m) and Anne Whitehead (u20,1500m) who all took part with the aim to improve their pb in their chosen events. These athletes were joined by two club members who attempted to increase their points total with new events: Aiden Leach (SEN, Javelin) and Tom Clough (SEN, 100m). New to the West Yorkshire League this season was Oskar-James Pors (u11) who competed in 75m, 600m, Long Jump and Shot Putt. The last two athletes were myself (Senior) and Ed Chafer (U20) who attempted as many events as possible to obtain the highest places we could in the overall standings.

Bingley Finished with 3 athletes achieving 2nd places in their age groups – Alexander Thompson, Ed Chafer and myself. Oskar-James performances put him in 19th place for his age group, which is a great start for his 1st time in the league. When we got to the championships, we had Alexander Thompson u15,1500m Gold Medal and championship record, William Thompson u17,1500m Gold Medal, Ed Chafer u20, 400m Bronze Medal and Long Jump Bronze Medal, Tom Clough SEN, Javelin Bronze Medal and Finally myself SEN, 800m and Long Jump Bronze Medals.

Alana Gill (Coach)

BINGLEY HARRIERS & A.C.

ROLL OF HONOUR



BINGLEY HARRIERS RECORDS (November 2018)

Track and Field

MEN

100m	10.65	D Nelson	2013
200m	21.50	D Nelson	2013
400m	48.84	D Nelson	2013
800m	1m 50.0	S Fielding	1986
1,500m	3m 42.04	S Fielding	1988
1 Mile	4m 02.2	M Hawkins	1987
3,000m	7m 48.0	R Nerurkar	1992
5,000m	13m 22.39	J Solly	1986
10,000m	27m 40.03	R Nerurkar	1993
110mh	14.9	A Gill	1996
400mh	52.42	Oliver	2011
		Robinson	
3,000m SC	8m 36.55	M Hawkins	1995
4x100 Relay	42.84	G Parlett, L	1996
		Fortune, S	
		Maufrais, A	
		Gill	
4x400 Relay	3m 26.9	T Crowley C	2008
		Cox O	
		Robinson J	
		Allan	
High Jump	1.97m	M Dawson	1993
Long Jump	7.19m	S Maufrais	1996
Triple Jump	14.28m	S Maufrais	1996
Pole Vault	4.00m	N Robinson	2011
Shot Putt	16.20m	I Lindley	1987
Discus	50.38m	H Eberlein	1972
Hammer	46.20m	F McKenzie	1974
Javelin	60.25m	B Ambler	2008
Decathlon	5357pts	S Harrison	1993
Half	61m 06	R Nerurkar	1996
Marathon			
Marathon	2h 08.37	R Nerurkar	1997

WOMEN

100m	11.94	N Crosby	1998
200m	24.30	N Crosby	1998
400m	57.46	J Oates	1997
800m	2m 6.9	A Coates	1988
1,500m	4m 27.54	E Clayton	2012

BINGLEY HARRIERS & A.C.

ROLL OF HONOUR



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

BINGLEY HARRIERS INTERNATIONAL REPRESENTATIVES

Muhammad Ali	Boxing Flyweight
Keith Anderson	Road, Marathon
Andrew Atkinson	Cross Country
James Ashworth	Marathon
Roy Bailey	Cross Country
Sue Becconsall	Fell, Cross Country
Gerry Bell	Cross Country
Steve Binns	Cross Country, Track
Angela Bretherick	Track
Oliver Brewer	Track & Field
Stefan Briggs	Fell
Steve Brooks	Cross Country, Fell, Road

BINGLEY HARRIERS & A.C.

ROLL OF HONOUR



Alistair Brownlee	Fell, Triathlon
Jonathan Brownlee	Fell, Triathlon
Anne Buckley	Mountain Running
Emile Cairess	Mountain Running
Sue Cariss	Cross Country
Emma Clayton	Mountain Running
Pete Covey	Cross Country
Angela Crewe	Cross Country
John Cordingley	Cross Country
John Convery	Cross Country
Mark Croasdale	Fell, Road
Nicole Crosby	Track
George Buckley	Cross-Country
Leone Dickinson	Track & Field
Meryl Dodd	Road, Cross Country
Bob Dover	Cross Country
Emma Raven	Track & Field
Dennis Farnsworth	Track
Simon Fielding	Track
John Firth	Cross Country
Harold Frobisher	Track & Field
Fred Gibbs	Cross Country
Siggy Gould	Fell
Steve Green	Cross Country, Road
Carol Greenwood	Cross Country, Fell
Abigail Greetham	Cross Country, Track
Mick Hawkins	Track, Indoors, Road, Cross Country
Steve Hawkins	Fell
Les Haynes	Cross Country
Ian Holmes	Fell
David Humphreys	Cross Country
Helen Jackson	Fell
Sarah Jarvis	Road, Cross Country
Robert Jebb	Fell
Helen Johnson	Fell
Mark Kinch	Fell
Emma Lilley	Track & Field
Rebecca Long	Track & Field
Stewart MacDonald	Cross Country
James Mason	Fell
Lucy Mayho	Cross Country
Matthew Merrick	Mountain running
Victoria Merrick	Mountain running
Peter Moon	Track
Colin Moore	Cross Country, Track, Marathon
Richard Nerurkar	Cross Country, Track, Marathon
Joanne Oates	Track
Catherine O'Halloran	Track & Field
Bryan Parkinson	Road, Track
William Padgett	Road

BINGLEY HARRIERS & A.C.

ROLL OF HONOUR



Andrew Peace	Fell, Mountain Running
Andrew Pearson	Cross Country, Road, Track, Fell
Mark Peters	Road
Peter Probin	Cross Country
Dennis Quinlan	Cross Country
Steve Robinson	Cross Country
Neil Robson	Cross Country
Charlotte Sanderson	Mountain Running
David Slater	Track
Robert Slater	Fell
Mike Smith	Cross Country
John Smithurst	Cross-Country, Road
Jon Solly	Track
Gerry Spink	Cross Country
Victoria Stainburn	Race Walking
John Taylor	Fell
Sharon Taylor	Fell
Jill Teague	Fell
David Throup	Cross Country
Rebekah Tiler	Weightlifting
John Waterhouse	Road
Craig Watson	Fell
Matthew Watson	Cross Country, Track
Ian Wellock	Fell
Natalie White	Fell
Matthew Whitfield	Fell
Mark Whiteley	Track & Field
Mary Wilkinson	Mountain Running
Victoria Wilkinson	Fell, Road, Cross Country, Mountain Running
Sian Woodcock	Race Walking
Emily Field	Fell Running

SENIOR TEAM TITLES

European Club Cross Country Representatives	1997/99/03
European Club Cross Country Bronze Medallists	1997
National Cross Country Champions	1991/93/96/98/01/02
National Cross Country Relay Champions	1995/96/98/00
National 6 Stage Road Relay Champions	1979/90/94/95/96
National 12 Stage Road Relay Champions	1996
National 10k Road Champions	1990/99
National 10 Mile Road Champions	1996
British Fell Running Champions	1997/02
British Women's Fell Running Champions	2000/02/03/06
British F.R.A. Relay Champions	1991/92/98/01/06/08
British F.R.A. Womens Relay Champions	2008/11
English Fell Running Champions	1991/98
English Women's Fell Running Champions	2003/04/06/07
Northern 6-Stage Road Relay Champions	1982/88/97

BINGLEY HARRIERS & A.C.

ROLL OF HONOUR



Northern 12-Stage Road Relay Champions	1996/99
Northern Women's 6-Stage Road Relay Champions	2004
Northern Cross Country Champions	1991/92/93/94/95/96/97/01/02
Northern Women's Cross Country Champions	2007/2011
North of England Division 3WC T&F Champions (M&F)	2006/2008
Yorkshire Cross Country Champions	1968/69/70/71/79/85/87/93/94/98/99/00/01/02/03/04/05
Yorkshire Women's Cross Country Champions	07/06/2001
Yorkshire 6-Stage Road Relay Champions	1983/84/85/87/89/90/91/95/98/99/01
Yorkshire 4-Stage Women's Road Relay Champions	2008

MASTER TEAM TITLES

World M50 25k Club-Team Champions	1985
British M35 5k Champions (Road)	2010/2012
British M50 5k Champions	1993/94/99
British M55 5k Champions (Road)	2011
British M60 5k Champions	03/02/1998
British M65 5k Champions (Road)	2013 /2017
British M65-M74 5K Champions (Road)	2014
British M70 5k Champions (Road)	2012
British M75 5k Road Champions	2018
British M50 10k Champions	1999
British M60 10k Champions	1999/02/03/07
British M65-M74 10K Champions	2014
British M60 10m Champions	2004/06
British M60 Half Marathon Champions	1998/04
British M50 6-Stage Road Relay Champions	1993/94/96/99
British M60 3-Stage Road Relay Champions	03/01/1999
British W45 3-Stage Road Relay Champions	1996
British W55 3-Stage Road Relay Champions	2006/2013/ 2016
British M40 Cross Country Champions	1983
British W45 Cross Country Champions	2013
British M75 Road Relay Champions	2017
British M75 Road Relay Champions	2018
British M50 Cross Country Champions	1985/93/94/96/00/03
British M60 Cross Country Champions	07/04/2003
British M65-M74 Cross Country Champions	2014 /2017
British M70 Cross Country Champions	2010
British M50 3-Stage Cross Country Relay Champions	1995
British M50 4-Stage Cross Country Relay Champions	2001
British M60 3-Stage Cross Country Relay Champions	06/02/2001
British M75 Cross-Country Relays Champions	08/10/2017
National L35 Road Relay Champions	2009
FRA Veterans 4-Stage Fell Relay Champions	1991
British W35 3-Stage Road Relay Champions	2009

British W55 3-Stage Cross-Country Relay Champions 2014/16

JUNIOR TEAM TITLES

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

BINGLEY HARRIERS & A.C.

ROLL OF HONOUR



INDIVIDUAL SENIOR CHAMPIONS

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

INDIVIDUAL MASTER CHAMPIONS

Derek Lawson	World M50 25km Road Running Champion	1985
Peter Moon	World M50 3000m Steeplechase Champion	1999
Derek Lawson	Commonwealth M50 10k Road Running Champion	1986
Derek Lawson	Commonwealth M50 25k Road Running Champion	1986
Mike Smith	European M60 1500m Indoor Champion	2003
Mike Smith	European M60 3000m Indoor Champion	2003

BINGLEY HARRIERS & A.C.

ROLL OF HONOUR



Mike Smith	European M65 800m Champion	2008
Roy Bailey	British & Irish M40 Cross Country Champion (Eng)	1991
Gerry Spink	British & Irish M60 Cross Country Champion (Eng)	1991
Fred Gibbs	British & Irish M60 Cross Country Champion (Eng)	1999
Les Haynes	British & Irish M60 Cross Country Champion (Eng)	2002
Sue Cariss	British & Irish W55 Cross Country Champion (Eng)	2004
Mick Hawkins	British M40 5k Road Running Champion	2002
Dennis Quinlan	British M50 5k Road Running Champion	1993
John Smithurst	British M55 5k Road Running Champion	1993
Fred Gibbs	British M80 10k Road Running	17/06/ 2018
Fred Gibbs	British M60 5k Road Running Champion	03/02/1999
Fred Gibbs	British M75 5K Road Running Champion	06/07/2015
Fred Gibbs	British M80 5000m track championship	26/ 08/2018
Neil Robson	British M50 10k Road Running Champion	2001
Les Haynes	British M50 10k Road Running Champion	1994
Les Haynes	British M55 10k Road Running Champion	1998
Fred Gibbs	British Masters M75 5k Road Running Champion	17/06/ 2018
Fred Gibbs	British M60 10k Road Running Champion	1999/00/01
Fred Gibbs	British M65 10k Road Running Champion	2004
Fred Gibbs	British M70 10k Road Running Champion	2009/2010
Fred Gibbs	British M75 10k Road Running Champion	2013/14
Gerry Spink	British M50 10m Road Running Champion	1981
Neil Robson	British M50 10m Road Running Champion	2000
Fred Gibbs	British M55 10m Road Running Champion	1998
Fred Gibbs	British M60 10m Road Running Champion	2000/02
Fred Gibbs	British M65 10m Road Running Champion	2004
Stewart MacDonald	British M40 Half Marathon Champion	2006
Les Haynes	British M55 Half Marathon Road Running Champion	1998

BINGLEY HARRIERS & A.C.

ROLL OF HONOUR



Fred Gibbs	British M60 Half Marathon Road Running Champion	1998
Fred Gibbs	British M65 Half Marathon Road Running Champion	2004
John Firth	British M65 Half Marathon Road Running Champion	2006
Gerry Spink	British M50 25k Road Running Champion	1981
Pauline Smith	British W60 5k Road Running Champion	
Sue Cariss	British W55 10k Road Running Champion	2005/06
Sue Cariss	British W55 Half marathon Road Running Champion	2006
Derek Lawson	British M45 Cross Country Champion	1983
Derek Lawson	British M50 Cross Country Champion	1986
John Convery	British M50 Cross Country Champion	2013
Gerry Spink	British M55 Cross Country Champion	1988/89
Les Haynes	British M55 Cross Country Champion	1998
Fred Gibbs	British M60 Cross Country Champion	2001
Mike Smith	British M60 Cross Country Champion	2003
Les Haynes	British M65 Cross Country Champion	2007
Gerry Spink	British M70 Cross Country Champion	2004
Fred Gibbs	British M70 Cross Country Champion	2010
Fred Gibbs	British M75 Cross Country Champion	2014
Sarah Jarvis	British W35 Cross Country Champion	2009
Sue Beconsall	British W45 Cross Country Champion	2007
Sue Beconsall	British W50 Cross Country Champion	2010/13
Sue Beconsall	British W505k Road Running Champion	2009
Bob Whitfield	British M40 Fell Running Champion	1991/92
Ian Holmes	British M40 Fell Running Champion	2006/2008
Fred Gibbs	British M60 10,000m T&F Champion	03/02/2000
Fred Gibbs	British M65 10,000m T&F Champion	2004/06
Ian Lindley	British M40 Shot Putt Champion	1997
Mike Smith	British M60 1500m Champion	2006
Sue Cariss	British W55 10,000m T&F Champion	2005
Mike Smith	British M65 1500m Champion	2008
Mike Smith	British M65 5000m Champion	2008

BINGLEY HARRIERS & A.C.

ROLL OF HONOUR



Fred Gibbs	British M70 5000m Champion	2009
Fred Gibbs	British M75 5000m Champion	2014
Fred Gibbs	British M70 10000m Champion	2010
Andrea Dennison	British W45 10000m Champion	2009
Ian Lindley	British M40 Shot Putt Indoor Champion	1998/00
Ian Lindley	British M45 Shot Putt Indoor Champion	2001/03
Ian Lindley	British M50 Shot Putt Indoor Champion	2006
Neil Robson	British M50 3000m Indoor Champion	1999/01
Mike Smith	British M55 800m Indoor Champion	1998/02
Les Haynes	British M55 3000m Indoor Champion	1999
Mike Smith	British M60 800m Indoor Champion	2003
Fred Gibbs	British M60 1500m Indoor Champion	1999/02
Mike Smith	British M60 1500m Indoor Champion	2003
Fred Gibbs	British M60 3000m Indoor Champion	1999/00/01/02
Fred Gibbs	British M65 3000m Indoor Champion	2004/07
Fred Gibbs	English M70 Fell Running Champion	2009
Bob Whitfield	English M40 Fell Running Champion	1991/93
Ian Holmes	English M40 Fell Running Champion	2006/07/08/09
Ian Holmes	English M45 Fell Running Champion	2011
Alison Raw	English W45 Fell Running Champion	2011
Peter Covey	English M70 Fell Running Champion	2011
Peter Covey	British M70 Cross Country Champion	2011
Peter Covey	British & Irish M75 Cross Country Champion	2015
Bryan Parkinson	Irish Masters M60 800m Indoor Champion	2011
Aly Raw	British W50 Fell Running Champion	2014
Becky Weight	English W55 Fell Running Champion	2016

INDIVIDUAL JUNIOR CHAMPIONS

Steven Binns	European Junior 5,000m Champion	1979
Victoria Wilkinson	Junior World Cup Fell Running Champion	1997
Alistair Brownlee	European Teenage Mountain Champion	2003
Alistair Brownlee	British & Irish U16 Junior Hill Running Champion	2004
Sam Webster	British & Irish U16 Junior Hill Running Champion	2005

BINGLEY HARRIERS & A.C.

ROLL OF HONOUR



Jonathan Brownlee	British & Irish U16 Junior Hill Running Champion	2006
Alistair Brownlee	World U20 Triathlon Champion	2006
Alistair Brownlee	World U23 Triathlon Champion	2008
Jonathan Brownlee	World U23 Triathlon Champion	2010
Steven Binns	English Junior CC Champion	1979
Catherine Bennett	English Girls CC Champion	1983
Steven Brooks	English Junior CC Champion	1989
Leone Dickinson	W.A.A.A. Girl's Pentathlon Champion	1990
Keith Daniel	UK Sportshall Under-15 All Round Champion	1990
Emily Field	Junior English Fell Champion	2018

BINGLEY HARRIERS & A.C. ANNUAL REPORT 2017-2018



Phil Hawkswell Black Fell 2017

Hodgson Brothers Mountain Relay 2018

Cautley Horsehoe 2018 (top)

Photographs courtesy of Beck Weight and Bingley Harriers & A.C.

BINGLEY HARRIERS & A.C. ANNUAL REPORT 2017-2018



Thanks to Martin Peace for 11 years of organising the Bingley Harriers 5k Summer Series
Visit our website: www.bingleyharriers.org.com