



## BINGLEY HARRIERS - NEWS 2000

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### (22/12/00) HOLMES CELEBRATES 10TH WIN

Ian Holmes was presented with a painting of himself in action on last Sunday by the organizer of the Stoop Fell race Dave Woodhead. The memento commemorated Ian's 10th win in the event in as many years. Ian finished the 5mile course in 28:47, over 2 minutes outside his course record set in 1995, ahead of Pudsey & Bramley's Robert Hope. Bingley vet Ian Ferguson finished 10th.

### (22/12/00) 2000 RUSHTON SHIELD WINNERS

Andy Wood's 11th place in the Christmas Handicap secured his first victory in the prestigious Rushton Shield competition. The Margeret Leighton Trophy for the first female was won by Anne Jebb and the Harry Homes Trophy for the first junior goes to Aiden Johnson.

There are no trophies for the leading vets.

### (18/12/00) VETS ARE IN GOOD SHAPE

The British Veteran's 10-Mile Championships were held in London on 10th December in poor conditions with parts of the course being under water. Undeterred Bingley vets Fred Gibbs and Neil Robson came home with a couple of gold medals. Fred won the over 60's category in a time of 61.50 whilst Neil headed the over 50's race in 59.29.

Meanwhile 5 vets represented England in an International match v Scotland, Wales and Ireland. Steve Robinson was 4th on the over-40 age group; Neil Robson 16th over-50; Peter Probin 20th over-50; Les Haynes 8th over-55 and Fred Gibbs 5th over-60.

### (16/12/00) BENSON'S CHRISTMAS CRACKER

Bingley's Track Captain Dave Benson put in a cracking performance to win the Club Christmas Handicap today over the traditional course which involves a double ascent of Hope Hill.

### (11/12/00) WAY AHEAD IN CALDERDALE

Bingley Harriers' senior men's team regained the Calderdale Way Relay title yesterday over the 50-mile course around the Calder Valley. They finished around 8 minutes ahead of their nearest rivals whilst the women's team missed out by about 1 (one) second to the Dark Peak contingent.

### (06/12/00) GONG CEREMONY

Bingley ladies got their golden gongs at the FRA 'do' on 2nd December at the Shap Wells Hotel and looked well pleased at the achievement of becoming British Fell Champs. Ian Holmes, who went dressed as a chocolate orange, collected his English and 4th British Championship mementoes.

### (26/11/00) FELL CHAMPIONSHIP DECIDED

The Club Fell Championship was decided last weekend at the Tour of Pendle. Rob Jebb won the senior section ahead of Paul Whelan whilst Sharon Taylor headed the women's table. Dennis Quinlan could afford to take the day off having made sure of the vets award early in the campaign.

### (19/11/00) YORKSHIRE VETS

In the latest Yorkshire vets race promoted by Bingley today at Esholt CC, the emphatic winner for the second successive year was Bingley's John Cordingley. Dave Benson in second place took the over 45 spot. Mary Green won the women's race and Helen Morrell was first female over 50.

### (22/10/00) THRILLS AND SPILLS AT THE WITHINS SKYLINE

Mixed fortunes were the order of the day at today's Withins Skyline race when Iron Holmes took a bad fall whilst in the lead at Top Withins. Rob Jebb was a few paces behind to raise the alarm and as luck would have it, super physios Allison Barrett and Anne Jebb were close at hand to assist Mr Holmes off the fell and hand him over to Mrs Holmes at Stanbury. From there he was whisked off to hospital suffering from a badly cut knee.

The good news was that Bingley still won the men's team award without Holmes and Jebb, the counters being Siggie Gould, Colin Moses and Ian Ferguson. The Ladies made it double success by also securing the women's team award, counters being Sharon Taylor, Kirstin Bailey and Rebecca Whelan. The race was won by Andy Wrench of Todmorden Harriers.

### (16/10/00) GEOFF HONOURED

At the AGM of the Northern Counties Athletic Association, Club Vice President Geoff Garnett was presented with a memento in recognition of services rendered to athletics during his long and successful involvement in the sport.

### (16/10/00) NEW MARATHON RECORD

Sue Cariss set a new Club record in the recent Manchester Marathon. Her time of 3:04:33 is almost half a minute quicker than the previous Club best which was set by Ruth Whithead in 1999.

### (15/10/00) POST RUN BUFFET & DISCUSSION

Everyone is welcome at Nab Wood Sports Centre at 9pm Thursday 9th November 2000. The buffet is pay on the night and there will be a talk / open discussion lead by the one and only Dennis Quinlan on the following - Training principles, Injury avoidance, Treatment, Diet, Anything else etc....

**(02/10/00) JEBB PEAKS VICTORY**

It was a good day for Bingley in the Three Peaks Cyclo Cross held on Sunday. Robert Jebb won convincingly a minute off the course record, Chris Wilkinson was first over 50, Ian Ferguson 2nd over 40, Helen Jackson 2nd female and Helwith Bridge Aers first vets team. John Rawnsley completed his 40th race. Phil Helliwell was hero of the day for sacrificing his ride to rescue and treat an injured rider on the course. Others to finish were Colin Moses, John Egan, Paul Sharples, Alan Greenwood and Robin Bradbury.

**(29/09/00) BRITISH CHAMPIONS**

On 24th September Bingley Harriers won the British Women's Fell Championship. What an achievement - thanks to a lot of athletes: it may be only 3 to count but we have had 7 different runners counting to achieve this title - you should never think 'They don't need me'. Yesterday's demanding 2 Breweries was an excellent example of team solidarity with 6 runners completing a very tough course: Helen, Sharon, Kirstin, Alison, Ruth & Jane. We hope to see a good turnout on 2nd Dec at the FRA Dinner/Presentation/photo shoot, along with our individual British & English Champion, Ian Holmes who won his 4th British title in 5 years. Only 1 point away from English medals too but this year the aim was the British (should anyone ask!) & next year they will be going for both.

**(20/09/00) TRACK JUDGE?**

On 4th September new member Mike Thompson did 6 track races in an afternoon at the Civil Service Veterans Championships held at the Battersea Park track London. Representing the Lord Chancellors Department (being employed in the Court of Appeal Criminal Division at the Law Courts in the Strand) he managed to get in the first three of the M60s in every race, ending the day (or afternoon) with two gold, two silver and two bronze medals. At least that is what he would have got if the medal policy dictated seven or more entrants for a full set. He did get an actual gold medal for the 400 meters, hardly his best event at 76.7.

**(18/09/00) 3RD CHAMPIONSHIP WIN FOR HOLMES**

Bingley's Ian Holmes became the first man to win the English Fell Championship at the Dalehead race from Rosthwaite, Borrowdale on Sunday. Ian finished 1st in the 2210 ft, 4½ mile event leading the Bingley team to 3rd place in the race and bronze medal position in the Championship. Rob Jebb was 2nd placed Bingley runner in 8th place.

**(16/09/00) WORLD CUP NEWS**

Bingley runners competed in the World Mountain racing championships in Germany last weekend. Bingley's James Mason, led home the England junior men's team at the event in Bergen, placing a creditable 18th in a high class field. Mason, who attends Ermysteads Grammar school in Skipton managed to get the better of seasoned Scottish junior international Andrew Lemoncello by two seconds. In the senior women's event, won by Scotland's British champion Angela Mudge, Bingley Harrier Helen Jackson was placed 39th on her debut, finishing just three seconds adrift of Helen Diamantedes.

**(16/09/00) YORKSHIREMAN OFF ROAD MARATHON**

Bingley athletes were to the fore in the 26-mile Yorkshireman off-road marathon hosted by the Keighley & Craven club. Distance specialist Stuart Thompson finished 3rd individual and took home the prize for the first over-50. In the women's race Alice Gull was 3rd whilst Mary Green and Helen Livingstone won the paired women's prize.

**(04/09/00) WHAT HAPPENED AT THE AGM?**

After 3 years in the hot seat Derek Green handed the Club Presidency over to former Treasurer Graham Smith. Before taking the reins Graham recommended, on behalf of the committee that subscriptions for 2000 - 2001 be increased by £1 for seniors, juniors and students and by £2 for family memberships. This increase, to cover the registration fees required by the North of England AA, was approved. The AGM also approved a move of Headquarters to Beckfoot School as and when the committee were satisfied that the conditions there were suitable - it is likely that this will take place during the next 12 months. The Sydney Glover trophy for the best athletic achievement of the year was awarded by the President to Phil Tedd who has a personal best over 1500m of 3.43 and who won the Inter-Counties mile Championship earlier this year.

**(03/09/00) BEN WIN FOR HOLMES**

Ian Holmes was once again victorious at the Ben Nevis Race from New Town Park, Fort William yesterday ahead of Simon Booth (Borrowdale) and David Rogers (Lochaber). Ian trailed at the summit but his phenomenal descending skills saw him claw back the deficit to win the race for the 4th time in 1:28:46. Bingley secured the 2nd team prize with Rob Jebb (4th) and Robin Lawrence (18th) making up the numbers. Rob Jebb took the 'First to the Summit' award.

**(28/08/00) WEBMASTER BACK!!!**

The lack of news over the past few weeks is due to the enforced holiday absence of the webmaster. Clubs athletes have been busy over the last few weeks: The Track & Field 'A' team finished 2nd and were promoted to Division 2 in the Northern Men's League; Stuart McDonald and Ruth Whitehead won at the Burnsall 10 whilst Ian Homes won the Classic Fell Race. Ian ran 13.41 ahead of Robert

Hope (Pudsey & Bramley) whilst Helen Jackson of Bingley finished 2nd in the women's race.

The Barn Dance was also a huge success raising £616.00 for Annette Fox Leukemia Research.

**(21/07/00) ENGLISH VEST FOR GOULD**

Bingley's Sigg Gould has been selected for the England 'B' team in Saturday's International Snowdon Race from Llanberis. Runners are prohibited from using the mountain railway and are obliged to go up and down the mountain using only their two legs! Ian Homes and John Taylor will also be making an appearance for the 'A' team.

**(16/07/00) QUINLAN 1ST VET AT KENTMERE**

Dennis Quinlan tightened his grip on the vets award in the Club Fell Championship by finishing 1st Bingley Vet in today's English Championship Race at Kentmere. The race was won by Borrowdale's Mark Roberts who set the course record in 1996. Borrowdale also won the team event ahead of Pudsey & Bramley. Bingley's team was led home by Rob Jebb in 4th place ahead of Sigg Gould and Robin Lawrence. There was good news on the ladies front for Bingley with new member Helen Jackson winning the ladies race.

**(09/07/00) DASHING SUCCESS AT TTT**

Gary Taylor of Darwin Dashers became the TTT 'Champ' this weekend at Bingley's Wharfedale TTT event held in Kettlewell. Gary won Saturday's event ahead of Nick Pearce of Ilkley and secured his victory with 9th position on Friday and 3rd on Sunday giving him a total

Saturday's event ahead of most races of the day and secured the victory with our position on Friday and six on Sunday giving him a total of 13 points.

### **(25/06/00) HAREWOOD HOUSE CHASE**

Pauline Munroe of Abbey Runners managed to get her name on the Jebb appreciation page today by winning the ladies race over 10k at the Judith & Keith Firm Memorial Race at Harewood ahead of Bingley's Sue Cariss and Gill Keddie. In the men's event Mick Hawkins led Andy Peace making it a one-two for Bingley with Pete Wragg of Thirsk and Sowerby Harriers filling finishing third.

### **(17/06/00) YET ANOTHER JEBB VICTORY**

Rob Jebb cycled all the way up to Buckden and then went on to victory in the 4½ mile race held on what was one of the hottest days of the year so far. Ian Holmes was the second Harrier home in third spot behind Paul Low of Pudsey & Bramley.

### **(23/05/00) ANNE MAKES IT TWO IN A ROW**

Anne Jebb made it two in a row for the family Jebb with a storming run to romp away with the Bob Smith Trophy in tonight's handicap race around the St Ives Estate. The bookies have now made hubby Pete odds on favourite to keep in the family in the next event in November. Anne's 'speed' session earlier in the week which saw her take a couple of hours longer over the same course was good enough to pull the wool over the handicapper's eyes. "All I need to do is to fool myself into thinking I'm slower than I really am and the Hannah Lister Trophy is as good as mine" said Pete. The new course combined a shorter junior route with the senior course and provide an opportunity for the Club's younger athletes to mix it with the old fogeys. The new event and venue and the social afterwards at the Golden Fleece in Harden proved a great success and the Club looks forward to even bigger support next year

### **(22/05/00) NOT A DROP TO DRINK**

A new record for Bingley Harriers set in the Scottish Islands Yacht race. Robert Jebb & partner Mark Rigby (Ambleside AC) aboard yacht 'Molly Mauk' broke the overall record for the combined sailing/running race in the Western Isles. The race entails 60 miles running and 160 miles sailing. In the process they also set a new record time for the running leg over Ben More on The Isle Of Mull.

### **(16/05/00) FAIRFIELD HORSESHOE**

Bingley were once again runners-up to Borrowdale in Sunday's Fairfield Horseshoe Fell Race from Ambleside. The second race in the English Fell Championship series saw Ian Holmes finish 2nd, Robert Jebb 3rd, John Taylor 4th and Mark Croasdale 7th but Bingley had then to wait for Captain Feeney to finish in the 70's to complete the scoring.

### **(16/05/00) 10 YORKSHIRE GOLDS**

Ian Lindley, the multi-talented Bingley Harriers field-eventer, struck gold in the Yorkshire track and field championships at Barnsley on Saturday. Competing on a blistering hot day at the Dorothy Hyman Stadium Cudworth, Lindley threw a mighty 13.76m to hold on to the county shot putt title he won 12 months previously at Cleckheaton.

The Bingley club hit a good run of form in this year's championships, with notable wins on the track from Oliver Brewer in the under 17's 400m hurdles, clocking a swift 59.29 seconds and Georgina Roberts of Frizinghall who won the under 17's women's 300m in 47.46 seconds before launching a championship winning javelin to 29.00m. Catherine O'Halloran won the Junior Women's Javelin with a throw 39.33m. Wilsden's Ben Manchester was also in fine fettle with a time of 14.46 in the under 17's 100m hurdles, while Rebecca Smith of Eldwick took the 800m in that age group, clocking 2 mins 16.50, Alistair Brownlee lifting the male equivalent title. Baildon's Frances Noble came tantalizingly close to 15m as she recorded 14.99 to take the long jump gold, before taking county silver in the high jump competition.

### **(10/05/00) T&F UNDER WAY & UNDER STRENGTH**

Bingley's senior track and field squad began their campaign in the north of England league at Grimsby on Saturday. Despite a severely depleted side - only nine athletes competing at the King George the fifth Stadium out of a 37 strong track and field squad over the 36 events, there were some notable performances. Yorkshire shot putt champion Ian Lindley produced a throw of 12.91m to win that event, before turning his attentions to the hammer and discus throws with equal effect. The 44 year old from Harden won the "A String" hammer competition comfortably with a throw of 28-81 - a winning margin of over 4m - and the "B String" discus with 32-86.

### **(10/05/00) JUNIOR CHAMP**

James Mason of Bingley Harriers became the Yorkshire junior fell running champion on Saturday. The 17 year old from Grassington placed third overall in the smith combustion west nab fell race at Meltham near Huddersfield, amid a class field which contained some of England's best junior stars.

### **(10/05/00) INTER-COUNTIES SUCCESS**

Helen Johnson of Bingley Harriers returned to form as she led Yorkshire to glory at the CAU Inter-Counties fell race in North Wales on Saturday. The Cononley-based international finished second overall - for the second year in succession - at the eight miles Moel Elio mountain race from Llanberis. The race was won by Sally Newman of Glossopdale who triumphed at the grueling 24 mile three peaks race six days earlier. Gill Keddie finished eighth. Yorkshire's men were led home by new recruit Sigg Gould, recent winner at the Harden Moor "Bunny Run" series.

### **(02/05/00) THREE PEAKS**

Ian Holmes could only manage 2nd place in Sunday's Three Peaks Race from Horton-in-Ribblesdale trailing Simon Booth of Borrowdale by about a minute. Although Ian was well supported by Rob Jebb in 3rd place Bingley could not muster enough strength in depth to mount a serious challenge in the team event.

### **(02/04/00) BRIAN MITCHELL**

Life Vice President Brian Mitchell died in Well Springs nursing home at Heaton on Friday morning. Brian, who first joined Bingley Harriers in 1944, was the main driving force behind the long-running Bingley Half Marathon which was organized in partnership with Bingley Lions. He was presented with a silver tankard at the Annual Dinner in 1995 in recognition of his 50-year association with the Club.

### **(02/04/00) BINGLEY GET DOUBLE FIRST AT WREKIN**

In the first race of the English Fell Championship today at the Wrekin in Shropshire Ian Holmes led the Bingley team to a narrow 2

points victory over local rivals Pudsey & Bramley in the team race. The Bingley team was well served with Ian finishing 1st followed by Rob Jebb (4th), Robin Lawrence, James Mason and Jason Feeny filling the 5th counting place.

In the Club Fell Championships Paul Crabtree should retain his lead whilst in the Vets section Dennis Quinlan leads and a fine performance by Mick Watson sees him leap 10 places in the table!

### **(25/03/00) VETS CROSS COUNTRY**

At the British Vets Cross Country Championships held at Grimsby today the Bingley over-50's team of Neil Robson, Peter Probin, Les Haynes and Bob Dover came away with a set of bronze medals whilst flying Fred Gibbs was 2nd individual in the over-60's event.

### **(25/03/00) RICHARD RETIRES**

Former National Cross Country Champion Richard Nerurkar this week announced his retirement from athletics because of a persistent injury. Richard, who won the National Cross Country Championship three times in 1990, 1991 and 1993, is the guest speaker at the annual dinner in May and is also the club record holder over 3,000m, 10,000m and the full and half marathon distances.

### **(25/03/00) NORTH EAST SPORTS HALL ATHLETICS FINALS**

Four teams representing West Yorkshire travelled to Thornaby on Tees on Sunday to compete for places in the National Finals to be held at the National Indoor Arena, Birmingham next month.

Last year we had 3 out of the 4 teams qualified for the finals but this year it was Girl Power that shone through with both the Under 13 and Under 15 Girls beating all comers to make the trip to the National Finals in Birmingham. The Boys teams of Under 13 and Under 15s were depleted through some injuries, illness and others preferring to watch Bradford City instead. However the teams members battled bravely and came away with a stack of medals and both teams finishing in second place.

In the Under 15 Individual All-Rounder competition Bingley Harrier Frances Noble was top Girl taking the gold medal with her 2nd place in the 2 lap sprint, 2nd in the vertical Jump and 3rd in the Shot Put.

### **(25/03/00) MULTI-TERRAIN RACES**

19th MARCH 2000, GREENHEAD TRACK, KEIGHLEY.

A lovely Spring morning was waiting for the Young Athletes taking part in the final of the series of 1K runs. The new format of school years 4 to 7 has been very successful and the intentions for the year 2001 will be the same. That is a Grass run, a Park run and a Track run. All the youngsters taking part really enjoyed their new experiences of distance running.

### **(16/03/00) FIRST LADIES**

In the Dentdale 14 mile road race Helen Livingstone was 2nd overall Mary Green, 5th (2nd over 35) and Mary Stevens 10th to win the Ladies team!!

Barbara Carney - Kept up the rear!!

Kath Whitfield - likewise

And at the 10K Road race from Harrogate Showground Lisa Mawer, Meryl Dodd and Ruth Whitehead also picked up the women's team prize.

### **(16/03/00) ROSSENDALE WAY**

On the 13th February, we put forward a team of vet's in the above race. On the first leg, Les Haynes and Kevin Dobson put in a great run to finish in 22nd place (just 2 places behind the A team). On the 2nd tough leg, Dave James and Dave Watkinson ran a very credible

time of 12th fastest, to bring the team up to 17th place. Our 3rd leg was the ever-reliable Pete Jebb and Bruce Duncan, who managed to only lose 4 places (30th fastest). Brother's Steve and Graham Little only lost two places (25th fastest). Fred Gibbs and John Young gained one place (25th fastest). Phil Helliwell and an under par Barry Peace ran 32nd fastest of the day to bring the team in 25th overall. This made us 4th vets team overall, but the gaps were not that great, and I'm pretty sure come the Ian Hodgson relay and the FRA relay in October the story will be different.

(Sorry about the lateness of this report but it was lost in cyberspace!)

### **(16/03/00) ENGLISH SCHOOLS**

Grace Bendle, Naomi Johnson and Rebecca Smith were all selected to represent West Yorkshire in the English Schools Cross Country Championships in London, Parliament Hill recently. Grace finished 12th (so she was 4th reserve for the English team, she is hoping for some sort of major leg breaking phase) Rebecca finished 45th, and Naomi finished 176th. The West Yorkshire team had 6 runners in 80 and so won the team event

### **(28/02/00) VETS IN FINE FORM**

Bingley's elder statesmen were in fine form at the National Veteran's Indoor Championships held in Birmingham at the weekend. Ian Lindley hurled his shot for 14.23m to become the Over-40 Champion whilst Flying Fred Gibbs won the Over-60's 3,000m to retain the title he first won last year.

### **(28/02/00) MCDONALD'S MULTI-TERRAIN WINNERS**

In the second McDonald's Multi-Terrain event held at Harold Park, Bradford on Sunday, Lucy Mayo of Bingley Harriers set the fastest time of the day running the 1k in 3mins 17secs to win the year 7 girls event

### **(27/02/00) NO NATIONAL MEDALS....**

At the National Cross Country Championships held yesterday at Stowe in Buckinghamshire Bingley's senior men's team finished in 4th position - the first time in around 8 years that the Club have not secured a top 3 spot. Bingley's top placed runner was Mark Croasdale whose 7th position was good enough to secure the Club Cross Country Championship. The senior women finished 10th with Lisa Mawer our first counter in 25th place. A storming run by Matthew Watson in the junior men's race earned him 9th place.

...BUT SOME GLASSWARE FOR COLIN

After rushing back north the club set about saying farewell to Colin and Shirley Moore who are moving to live in the Isle of Man because of Shirley's new job. They were presented with a set of engraved glassware - now they've just got to think of something to put in it! I was thinking of a headline along the lines of 'Moore Legless Celebrating More Legs' - do you think it's got legs?

### **(20/02/00) VETS IN FINE FORM**

At the Northern Vets Cross-Country Championships held today at Witton Park, Blackburn, Bingley's old stagers came away with 2 sets of gold medals. The Over-60's Championship winning team consisted of flying Fred Gibbs (2nd over-60), evergreen Gerry Spink (2nd over-65) ably supported by JP Smith. Les Haynes, Bob Dover, Mike Smith and a re-conditioned Dennis Quinlan were winners in the Over-55 race. Neil Robson produced his usual splendid run to finish 3rd over-50. Not to be outdone the young Over-40's team of Kevin Dobson, Gavin Terry, Gerry Bell and Bob 'It's the way I tell 'em' Eccles picked up silver medals.

### **(19/02/00) FILA SPONSORSHIP DEAL**

A recently agreed sponsorship deal with sports clothing manufacturer Fila will bring over £7,000 to the club over the next three years. The deal, which also includes clothing at discount prices for club members and prices for several events organized by the club, was the result of several months of work by Club President Derek Green. "The sponsorship agreement will help us move the Club forward in terms of development and providing for our young athletes" said Derek. The deal may also spur a newly designed club vest. The vest, which has remained unchanged since the early 1950's, has been revamped by Fila designers who have retained the familiar blue and white hoops but have incorporated them into a new modern style.

### **(06/02/00) AWARD FOR JOANNE'S INITIATIVE**

Whilst recovering from injury Joanne Oates came up with the idea of the millennium T-shirt that had all the names of members who had paid their subs. This idea meant that most of this year's subs were collected by early November - no mean feat! Now Joanne has received recognition for the idea by winning the 'Best New Initiative of the Year' award from Athletics Weekly. It remains to be seen what Joanne can come up with for next year - it might be something called a North of England registration scheme!

### **(29/01/00) SILVER MEDALS FOR GIRLS**

Bingley Harriers' under-17 girls cross country team ran home in 2nd place in the Northern Cross Country Championships held at South Shields today. The team was led home by Rebecca Smith who was the individual winner of the event. Grace Bendle, 5th, Naomi Johnson 38th and Victoria Stainburn 64th completed the scoring. The Club had no other scoring teams in the junior section however Dean Cunningham did well to finish 14th in the under-13 boys event. In the senior men's race Bingley were 3rd behind Sale and Salford. Matthew Whitfield was first counter for the team in 4th place. Victoria Wilkinson was the Club's top scorer in the women's race, finishing 5th and helping the team to a creditable 4th place.

### **(23/01/00) MULTI-TERRAIN RACES**

Bingley Harriers organised the first race in the year 2000 Multi-Terrain Championship for school years 4,5,6 & 7 on 23rd January. The first of three 1,000m races were held in Myrtle Park, Bingley on grass on a beautiful cool, crisp sunny morning and featured 60 young athletes from Bingley Harriers, Bradford Airedale and Keighley & Craven AC.

The fastest of the day was Alistair Brownlee, year 7, of Bingley Harriers who ran 1k in 3.15, whilst his younger brother Jonathan, ran 3.24 (year 5). The third fastest of the day was Lucy Mayho who won the girls year 7 with a time of 3.28.

### **(23/01/00) A SPLASHING GOOD WIN FOR HOLMES**

Ian Holmes retained his winning form in 'Woodentop' promotions today by slicing over a minute off his own course record at the 17th Stanbury Splashhhhh. Britain's number one champion Gavin Bland (Borrowdale), the second placed, runner would have needed a good pair of binoculars to catch a glimpse of Mr Holmes as they headed towards the finish funnel. In the annual competition for first local, the usual needle match between Ian Ferguson and Colin Moses developed, culminating in Mosy dropping Fergie on the last section over Penistone Hill.

New signing Helen Johnson took the honours in the women's race although she was unable to count towards the scoring team until her qualification period is over.

### **(19/01/00) BOB SMITH RELAYS**

A new Club event is planned for 2000. The Bob Smith Races will be a handicap event with races for all age groups in the St Ives area of Bingley probably on 23rd May. It is hoped that this will form part of a Grand-prix of handicap events held throughout the year which will include the Autumn and Christmas Handicaps with a fourth event being added in the spring of 2001.

### **(18/01/00) WOMEN'S SUCCESS**

Bingley Harriers women enjoyed a double helping of success on Saturday. Not only did they become the West Yorkshire Cross-Country League Champions but Helen Johnson ran out the winner at the first Club Fell Championship event of the year at Boulesworth Hill. Gary Devine of Pudsey & Bramley was overall winner of the event.

### **(08/01/00) CHAMPIONSHIP RETAINED**

Bingley retained their Yorkshire Cross Country Championship title today at Rotherham when the senior men's team finished in first place. The team consisted of Matthew Whitfield, Ian Holmes, Colin Moore, Rob Jebb, John Convery and Stuart MacDonald. Bingley women's team were 2nd and there were some good performances in the juniors.

At the Ovenden Fell Race Bingley's women managed a team win with Sharon Taylor finishing in 1st place.

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