



# Bingley Harriers News


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## 29/12/09 - CALDERDALE WAY RELAY - MEN

Bingley fielded three men's teams for this year's CWR (A team, B team and Vets team) held on a good day for running with clear, cool conditions.

Though the men couldn't match the great ladies A team result, all three teams finished with very creditable results and some fine performances on the day.

The A team finished 4th overall and were unlucky just to be pipped for 3rd by the fastest team on leg 6 (Holmfirth's top cross country lads) by 10 seconds. Star performances for the A team included Andy Brown on leg 4 with Ian Holmes. Andy was asked to switch from leg 1 to leg 4 the day before and ran superbly with Ian over the most demanding of the legs to run the 4th fastest time on the day. The A team also claimed the 2nd fastest time on leg 5 (Steve Green and Tim Midgley) and 3rd fastest time on leg 6 (Stewart MacDonald and Stephen Broadbent). Great also to see new member Steve Bailey compete in his first CWR, giving the President a hard time on the climbs of leg 2!

The Vets were the next Bingley team in, finishing a deserved 3rd in the Vets category and 16th overall. The team progressed well through the day, particularly in the latter stages with a fine last leg from Marc Teasey and Richard Scott, gaining four places along the way. It was a reversal of fortunes in comparison to the A team as Marc and Richard passed Saddleworth in the home straight to claim their place by 7 seconds.

The B team finished a creditable 46th overall. Everyone in the B team put in a solid performance on the day and it was great to see how the mix of new and experienced fared!

The big plus was the fact that a good number of new club members donned the Bingley vest and that they seemed really enjoyed this event. This hopefully bodes well for future relay events. Thanks again to all who took part.

James Senior

## 15/12/09 - CALDERDALE WAY RELAY - LADIES

Fabulous result – Bingley Ladies 1st in the Calderdale Way Relay, in a fast time of 7h13m03 (we're getting closer to that record of 7h02)!

Leg 1 – Charlotte Sanderson & Pauline Munro - 1.27.02 - 2nd fastest

Leg 2 – Ruth Whitehead & Sharron Smith - 1.17.54 - 4th fastest

Leg 3 – Sharon Taylor & Mary Green - 47.16 - Fastest

Leg 4 – Vic Wilkinson & Nat White - 1.16.13 - Fastest

Leg 5 – Sue Beconsall & Helen Jackson - 1.08.02 - 2nd fastest

Leg 6 – Sarah Jarvis & Aly Raw - 1.16.36 - Missed out on fastest time by 6 seconds!

Full results here <http://www.halifaxharriers.co.uk/results/2009/calderdale-way-relay.html>

A big thanks to all of you for running, I hope you had a good run (from the results it looks like everyone did) and I hope to see you all again in 2010!

Sharon Taylor

## 15/12/09 - COMPLETE RUNNER LEAGUE - RACE 4 - SENIOR MEN

Bingley senior men produced a fantastic team performance to take the West Yorkshire league xc team title at a very muddy Nunroyd Park, beating Leeds City into 2nd place on count back by 7pts. We also collected individual honours in the v40,v45,v55 and v70. I think everybody who ran in any of the meetings will agree it was great to see Bingley take a long over due xc team title and hopefully this will be a catalyst to produce titles at regional and national level. Once again thanks to everybody who ran.

Andy Peace

### Individual Medallist

V35

2nd Richard Harris

3rd Steve Green

V45

1st John Convery

V70

1st Fred Gibbs

V40

1st Andy Peace

2nd Stuart McDonald

V55

1st Pete Pyrah

3rd Gerry Bell

## 08/12/09 PECO LEAGUE: RACE TWO - TRINITY AND ALL SAINTS COLLEGE, HORSFORTH

Only three of our juniors managed to take part in the second race of this series, but the quality of their performances more than made up for this.

Abigail White was the individual winner of the U11 Race and she is now in second position overall, Lucy Shutt had a fine debut, also in the U11 Race, in which she finished 8th, and Emile Cairness was also an outstanding individual winner, of the U13 Race. Well done!

The remaining three races of this league all take place in the New Year, and we really do encourage all of our Juniors to participate in them.

As always, details will be available from us on Tuesday evening training sessions, or from the Abbey runners website.

Tony Kingham

### **08/12/09 COMPLETE RUNNER LEAGUE - RACE FOUR – JUNIORS**

Once again some very encouraging results and I should certainly begin by congratulating Emile Caires on his superb 2nd place in the U13 race, just one day after his victory in the PECO league. Overall Emile came 6th: well done!

Twenty three juniors have represented the Club over the course of the four races, with three of them ever-present: Emile, Katy Boden and Nathaniel Keidan. A further six ran in three of the races: Olivia Roper, Sophie Convery, Natalie Brown, Nathan Allan, Max Nicoll and Ben Marriott, the last of whom achieved a fine 5th place overall. Congratulations to all of these: we shall be relying on their keenness in the races to come, and looking forward to seeing more of promising newcomers like Ben Nicoll and Jack Illingworth. If we can get teams out for the Championships we are sure that we can see further overall progress, and the PECO League for our younger runners is a great opportunity which we hope many more will take advantage of in 2010.  
Tony Kingham

### **08/12/09 COMPLETE RUNNER XC LEAGUE RACE THREE**

Once again there was a strong turn out for the penultimate round of the Complete Runner league, despite losing runners to the harriers vs. cyclists and the following day's abbey dash. The team excelled themselves to beat winners of the first two meetings and local rivals Leeds ac into second place. Johnny Brownlee led the lads home finishing 2nd overall. The rest of the team packed well to put all six counters in the top twenty. Thanks to everybody who ran. PS. don't forget to get your entries in for the Yorkshire, Northern and National champs. Cheers Andy Peace

J. Brownlee 2nd  
A. Peace 10th  
A. Brown 12th  
R. Harris 13th  
S. Broadbent 15th  
S. Green 19th

The rest of the team also packed well and the B team would have finished 5th team with 259 (6 in front of K+C)

T. Midgely 22nd  
A. Johnson 26th  
S. Baily 30th  
J. Senior 45th  
M. Teasey 58th  
P. Pyrah 78th  
G. Bell 87th  
F. Gibbs 122nd

### **01/12/09 - ALISTAIR BROWNLEE SELECTED FOR GB**

Alistair Brownlee has been selected for the Great Britain under 23 team at the European cross country championships on Sunday 13th December.

Following the trial in Liverpool at the weekend Alistair had a great run to finish 20th in the senior race but more importantly, forced himself into the under 23 team.

Our congratulations go to Alistair even though our Calderdale Way team will now be looking for someone to take his place!

### **01/12/09 - LANCASTER AND MORECAMBE HALF MARATHON**

**Nina, Sally, Gill, Rachael and Laura**

We all joined the Bingley Harriers about a year ago and enjoy training and our regular weekend runs which are usually led by our route co-ordinator - Sally!!

It was Rachael's idea to enter the Lancaster to Morecambe half marathon as she recently got married and wanted to keep in shape after her honeymoon! We all wanted to do it for fun and to challenge ourselves, keep a focus and to keep our running ticking along! Some had little choice about joining the race, they were told they were doing it and encouraged to give it a go!!!

Morecambe was chosen because it was a relatively flat run, some of us left our partners at home taking care of the DIY whilst we escaped for the day! We set off early Sunday morning in the pouring rain!! Thinking what an earth are we doing!! And why are we doing this - for fun!!! :)

It was an enjoyable race and some parts of the route were scenic. The mud and water made the race interesting, it was very slidy! There was a flooded section of the route where we were squelching through still water!! The race was two thirds on road and one third tracks. It was a good race and the cup of tea and biscuits at the end was very welcome! We all enjoyed it and went home with a lovely medal!! We're all looking forward to our next race and hope to choose a day with better weather next time!!!

#### **Results**

Rachael 1:53  
Sally 2:01  
Nina 2:04  
Gill 2:05 – 1st half marathon  
Laura 2:23 – 1st half marathon

Nina Prodywus

### **01/12/09 - COMPLETE RUNNER LEAGUE RACE THREE - JUNIORS**

A disappointing turnout, though the few who did run produced some fine performances, with pride of place going, once again, to Ben Marriott who finished in 5th place in the U17 race. Emile Caires, another of our four ever-presents in League races, kept up his excellent record, and Katy Boden (U13), and Nathaniel Keidan (U13), continued to progress : well done! Jack Illingworth, one of our newest members, made a very pleasing debut in the U11 race.

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

Tony Kingham

Tony Kingnam

### **23/11/09 - BROWNLEES PICK UP AWARDS**

Tt the British Triathlon Annual Awards Dinner Alistair picked up the award for Olympic Athlete of the year and Male Triathlon Athlete of the year. Younger brother Jonathan picked up the Junior Athlete of the year. Full story via the [bbc website](#)

### **18/11/09 - BRITISH AND IRISH MASTERS INTERNATIONAL CROSS COUNTRY, BIRMINGHAM**

Sarah Jarvis stormed to win the 0/35s, finishing second overall.

Fred Gibbs not to be outdone won the 0/70s.

Stewart Macdonald finished 2nd in the open race and Bob Dover 2nd in his age category.

Gerry bell ran a good solid race but his Irish team mates were unable to do the same and just were out of the medals.

### **18/11/09 - MELTHAM COP**

Racing machine Marisol Carrera won her age category at Meltham Cop to take the Yorkshire veterans associations Fell title FV40.

### **18/11/09 - YORKSHIRE VETS 10TH AND FINAL GRAND PRIX - SPENBROUGH**

At the final Yorkshire vets grand Prix John Smithurst did enough to take the overall 0/70s title.

Pete Pyrah won the 0/55s.

Marisol finished 2nd F, 0/40s.

Ali Raw on her comeback trail ran a blinder to win the F.0/45s.

### **10/11/09 - PECO LEAGUE RACE ONE**

Five of our intrepid Juniors took part in the first race of this new venture, and we were delighted with their performances : Abigail White was 5th and Anna Whitehead 7th in the U11 Girls; Jack Illingworth was 7th in the U11 Boys; Natalie Brown was 2nd and Jasmine Hargreaves 4th in the U15 Girls.

We hope that these fine results will encourage more of you to take part in the remaining four races of this league, the next one of which is at Hunger Hills on Saturday 5 December. Map and directions will be found on [Abbey Runners website](#) ,but will also be available from us on Tuesday evening training sessions at Bradford and Bingley.

Tony Kingnam

### **10/11/09 - NATIONAL CROSS COUNTRY RELAYS - MANSFIELD - MEN**

Bingley managed to field just one senior mens team for the national x-country relays at Berry Hill Park Mansfield on the 31st October.

On what was a perfect day for x-country running with blue skies and fast under foot conditions the boys put in a solid performance.

Richard Harris was given the responsibility of the fast 1st leg bringing Bingley home in 61st position with the teams fastest time of the day ( 16-46 ). Ste Broadbent gained 11 places on leg two, to record a time of 16min 46sec. Aiden Johnson, still adjusting to life with a new baby, ran 17min 12sec. That left Stewart McDonald to gain seven places on the last leg with a time of 17min 02sec to finish 47th team.

Andy Peace

### **10/11/09 - NATIONAL CROSS COUNTRY RELAYS - MANSFIELD- BOYS**

Our only junior representatives at this superb event, our U15 Boys, all of whom are in their first year in the age-group, and all of whom also ran next day in the WY League, came 86th. Well done to James Fardy, Joe Wain and Thomas Potter.

### **10/11/09 - COMPLETE RUNNER CROSS COUNTRY LEAGUE - RACE TWO- MEN**

Once again there was good turn out for the 2nd race of this year's Complete Runner XC league on 1st Nov with 17 senior men

turning up on a Sunday afternoon at Boddington playing fields Leeds. Luckily the rain stopped but it was a bit sloppy under foot.

Unfortunately Leeds City took the team honours again beating Bingley into 2nd place by 48pts. Individually the team packed well with the first five counters in the top 25, the team was led home by Andy Peace (first m40) in 12th just in front of Lee Athersmith and Stewart McDonald 14th and 16th, Andy Brown improved on the first fixture to finish 19th, and John Convery finished 24th and first m45 to complete the scoring five. With at least 3 potential team scorers missing there is still the possibility of pushing Leeds for the team

title. Thanks to everybody for running and see you at the next race at Wakefield on 21st November.

Andy Peace

### **10/11/09 - COMPLETE RUNNER CROSS COUNTRY LEAGUE - RACE TWO- JUNIORS**

The weather for the League seems to be getting worse and worse, and this was at the end of half-term, but we still saw a good turnout from our young runners. Our only team result (6th) was from our U11 Girls, but Graham, David and I were pleased to see a much better attendance from our boys. We had three finishers in each of the first three races - just one more runner in each and we are in business, so we hope that some of those who are entered, and have not yet run, will do so for the last two races. The run of the day was from Ben Marriott with a fine 5th place, to add to his 9th place in the first race, but I would also like to mention Emile Caires (10th) and Ben Nicoll (15th) in their respective races – the signs of overall improvement are pleasing and we look for more of the same.

Attendance on Tuesday evenings is fantastic (28 juniors on November 4), and we hope to see some of our promising runners in the forthcoming PECO League races.

Tony Kingnam

### **04/11/09 HOLMFIRTH 15**

Stewart Macdonald won the Holmfirth 15 outright taking with it the Yorkshire 15 mile (m40) title in an impressive 1.24.45. (5.39 a mile)

John Convery won the 0/45 title in 1.28.28 finishing 5th overall.

Marisol Carrera Vvar won the F/40 in 2.03.44

### **04/011/09 - CURLY WURLY RAT RUN**

It was yet another cold and windy day up on Penistone Hill for the Junior Curly Wurlly Rat Run at the Withins Skyline Fell Race.

Four hardy Bingley juniors turned out to take on the elements (and the mud) and all returned with smiles on their faces and with a Curly Wurlly in hand!!

A special mention to Emile Caires who had a storming run to finish 5th Under 12 and 11th overall in 7 mins 29 seconds.

Our other intrepid rat runners were :-

Jack Illingworth - 69th in 10 mins 13 seconds

Olivia Roper - 76th in 11 mins and 1 second

Lucy Shutt - 81st in 11 mins and 31 seconds

Full results and loads of pictures [here](#) :

Well done to you all for remembering to turn your clocks back and getting there on time!! Sorry I couldn't have been there to watch but I was in deepest darkest Wales getting lost in the OMM.

Don't forget there's another great junior fell race coming up on the 7th November at the Shepherds Skyline race near Todmorden and, if your over 13, there's Bingley's Autumn Handicap race in St Ives on the same day - see [Fell Running](#) section on Bingley's Junior webpages for all details.

Andy Nicoll

### **28/10/09 NORTHERN VETS 10,000M CHAMPS**

At Leigh, the Northern vets ac 10000 meters track championships Bingley came away with 4 medals

Pete Pyrah won gold and Gerry Bell was bronze in the 0/50

Mike Smith won gold in the 0/60

Andrea Dennison won gold in the f/40.

### **28/10/09 - HELICOPTER HEROES**

Some members may recall the helicopter rescue of long-serving club stalwart, Bill Padgett, following his heart attack at Easter when he was on his Sunday morning run with colleagues. Footage of the rescue was screened on BBC 1 at 9.15 a.m. on Friday, 23 October, and can be viewed on BBC i Player for one week afterwards.

**Warning:** the programme also contains images of Bob Dover and Jason Feeney (with his shirt off!) along with John Henry, a good friend!

### **22/10/09 - FRA RELAYS**

Ennerdale, on the western edge of the Lake District, was the setting for this year's Fell Runners Association hosted by Cumberland Fell Runners. The relay consisted of four legs, two individual and two in pairs (one of which was a navigation leg). Bingley fielded two men's teams on a day where the weather conditions deteriorated fairly rapidly as the race got underway.

Our strong A-Team of Lee Athersmith, Rob Jebb, Jonny Brownlee, Ian Holmes, Andy Peace and Alistair Brownlee put in a great performance to cross the finish line in second place. However, the team along with first place Mercia and third place Pudsey & Bramley had to be disqualified after failing to visit a checkpoint on Leg 4. At this point in time the hills were well and truly shrouded in the 'clag' making this a true test of both running and navigation. Although time was lost searching for the checkpoint all three teams were automatically disqualified promoting Borrowdale to overall winners. Despite this the lads all put in great runs and it was good to see us finish in a medal position, albeit temporarily!

Our B-Team of Steve Fry, Martin Peace, James Senior, Stephen Firth, Dave Weatherhead and Adrian Rushworth also put in solid performances on the day in the challenging conditions. The B-Team finished in 77th position out of 149 teams who started.

The leg details for the record:

Leg 1: 5.8 miles / 462 metres

Leg 2: 6.7 miles / 762 metres

Leg 3: 5.6 miles / 430 metres

Leg 4: 5.1 miles / 488 metres

Thanks to everyone who took part.

James Senior

### **22/10/09 - BRADFORD CITY RUN 2009**

Sunday 18th October 2009 saw the first Bradford City Run, an event with races to suit all, 10 miles, 5 miles, a 4 person relay and a junior run. The day was dry but cold and clear and the view over Bradford from the top of the hill in Bowling Park was impressive, you could admire it once you had got your breath back after the pull up! For a first event it was well organised and supported and looks promising for next years marathon.

► [Full Results](#)

A number of Bingley Harriers turned out with Stuart Macdonald coming second in 55.41.

10 Miles

Stuart Macdonald 0.55.41

Gerry Bell 1.05.22

David Norfolk 1.06.04

Tony Kingham 1.14.18

Waheed Khan 1.18.56

John Smithurst 1.22.36

Sally Robinson 1.30.57

Jackie Bailey 1.32.28

Sue Whiteley 1.57.16

Helen Cariss 1.57.17

5 Miles

Ann-Marie Rose 0.50.15

## **22/10/09 - NATIONAL 6 STAGE ROAD RELAYS**

A fine autumn afternoon greeted us on Saturday for the national 6 stage road relays at Sutton Park. Due to fixture clashes and injuries the Bingley team were always going to struggle to get inside the top 50, such is the class at this prestigious relay event. In the end we had to settle for 64th out of 80 teams. The team was lead away with Stephen Broadbent on leg 1, posting Bingleys fastest time of the day (19.11), and crossing the line in 66th position. Next up was John Convery gaining 2 places in 19.29. A good run by Stephen Carney (19.59) saw him finish in 69th place. Next was Marc Teasy, drafted into the team midweek fought hard to record a time of 21.23, which took the team to 72nd. Lack of sleep due to new baby probably contributed to Aidan Johnson having an unusual off day, but he still managed to gain the team a place clocking 19.57. Last leg fell to Stewart MacDonald, coming home in 64th with a time of 19.30.

## **20/10/09 KAISERMARATHON - THE WORLD MOUNTAIN RUNNING LONG DISTANCE CHALLENGE**

When the WMRA long distance challenge was held over his favourite ground of the Yorkshire 3 peaks, Andy Peace went 2 places better in finishing 8th and first V40 vet in this year's race held in conjunction with the Kaisermarathon in Austria. Despite being drafted into the team with 4 weeks to spare Andy was the second English counter (and second Brit), helping the English team to silver team medals behind Kenya.

Andy's result was all the better for having had to overcome early race problems, when he was traumatised by being passed by the 2 lead Russian women, however he fought back manfully and finished in front of all the women as well as most of the men....

Ever the Bingley man he got up at 6am the following morning (after going to bed 4 hours earlier) to get back to in time to take on his new role as men's cross country captain at the West Yorkshire league in Halifax

## **20/10/09 - COMPLETE RUNNER XC LEAGUE - RACE ONE - SENIOR MEN**

Thirteen senior male Harriers toed the line for the first of this year's West Yorkshire League Cross Country races on a exposed, windy but reasonably fast dry course at Roils Head, Halifax.

Richard Harris led the initial Bingley charge around the first lap, with the team nip and tuck with Leeds for the team honours at this early stage. As the race progressed seasoned campaigner Stuart MacDonald eased his way through the field with the youngster Lee Athersmith in toe. The team race remained close with all the Bingley counters in the top 20. Unfortunately Leeds pulled away over the later course of the race to take the team honours, with Bingley finishing second 37 points behind.

Bingley counters –

11th Stuart MacDondald (also first vet)

15th Lee Athersmith (sharpening up for his starting role at the FRA relays)

16th Steve Green (on his come back trail)

19th Steve Broadbent (the newby finishing strongly in his first cross country race)

22nd John Convery (bringing up the rear of the scoring team, not the rear of the field..)

Hard on the heels of the scoring 5 (and looking to make the grade next time) were Richard Harris, Steve (pot belly) Brooks, Andy Brown and Tim Midgley. Honourable mentions for getting out there on a Sunday afternoon also go to Steve Fry, Pete Pyrah and Fred Gibbs.

See you all in a couple of weeks on the 14th when we take on the might of Leeds City on their home ground of Boddington playing field, Leeds

Andy Peace

## **20/10/09 - COMPLETE RUNNER XC LEAGUE - RACE ONE - JUNIORS**

Well done to those Juniors who turned out for the race – I hope that you enjoyed your run despite the strong wind!

Particular congratulations to the Girls: every one of you who entered took part in the race, and we finished teams in three out of the four age-groups. In the age-group where we did not have a team we had the individual winner: well done Carly Robertson!

There were some promising runs from the Boys, but I hope that more of you will be able to run in the second race. Remember that we need results in the remaining three races if we are to secure a final League position.

Those of you who ran in the first race will need to bring your number with you to the next one (don't worry if you have thrown it away, we can get a replacement), and please remember to wear a club vest (I have spares) to avoid any unpleasantness from the judges,

See you on Tuesday evenings!

Tony Kingham

## **20/10/09 BEEFY'S NAB RACE**

A cracking little Fell Race of 3 miles, in memory of Ashley Bevan, who ran for Keighley and Craven and played football with Oxenhope, which ensures a few ex players in the field. A lovely sunny afternoon with a climb from Leeming Reservoir to the top of Oxenhope Nab then a rough descent (including a little vertical ascent) back to the Reservoir, finished off with a few beers in the Lamb. 3 Harriers took part;

Peter Clarke 19th 1st V55

Harry Atkinson 34th

Mick Ford 42nd

► [Full Results](#)

## **20/10/09 JUNIOR TRACK & FIELD AWARDS 2009**

Bingley Harriers recently held their end of season Track & Field Awards at Beckfoot School. Martin Peace our newly elected President of the club came to present the awards together with Hound Dog the club mascot. The Harriers award trophies for the number of points achieved by the athletes in the McCains National Young Athletes League and the winners were;

U13 Boys - 1st Alfie Seeley 2nd Sam Allan 3rd Sam Convery

U13 Girls - 1st Stacey Rooke 2nd Amy Pollard 3rd Katy Boden

U15 Boys - 1st Ayrton Aldridge 2nd Andrew Russell 3rd Chris Madugba

U15 Girls - 1st= Kerisha Bogle & Chloe Holden-Wilson 2nd Hollie Postlethwaite

3rd Jenna Killock

U17 Boys - 1st= Matt Chambers & Jack Thorp 2nd David Lidstone-Green

3rd Matthew Bolton

U17 Girls - 1st Leanne Jennings 2nd Arianna Zenti 3rd Alex Pringle

Also presented is the Patrick Meegan Plate which is for the athlete achieving the most Grade One performances in the McCains National Young Athletes League matches and this years winner is Ayrton Aldridge.

Next up was the Hound of the month award for September that was awarded to Sam Allan for achieving two Grade One performances in a late track & field open meeting at Pendle.

The main award of the evening was the Hound of the Year Award presented for excellence. This year the outstanding athlete is Carly Robertson who has had a brilliant season both at junior and senior level. Carly is pictured with Hound Dog (on the left) and Club President Martin Peace.

Bingley Harriers have now started their winter training in preparation for the 2010 Track & Field Season. If anyone is interested in joining existing training groups please contact Christine Oates on 01274 416286.

### **20/10/09 BRITISH MASTERS XC RELAY CHAMPS.**

We finished 6th in the 0/40s, that's despite running an 0/50 runner,  
We also finished 6th in the 0/50s, that's with running 2 0/60s runners!

0/40s

Pete Pyrah(0/50) 15.21

Marc Teasey 15.22

Richard Balshaw 14.53

Steve Fry 15.50

John Convery 14.11

Stewart MacDonald 14.01

Bingley 0/50s

Kevin OHara(0/60) 17.46

Carey Gray 16.33

Gerry Bell 16.17

Les Haynes(0/60) 17.36

That's 6th best in Great Britain!

Adrian Rushworth

### **07/10/09 IAN HODGSON RELAY**

This was my first experience at this event, in fact any relay, and being drafted in to a much expectant A-team, my nerves were running high..... Alistair Brownlee, Jonathan Brownlee, Ian Holmes, Rob Jebb, Andy Peace, Lee Athersmith, Robin Lawrence and erm.....Andrew Jebb.

Sunday morning brought good clear conditions, after Friday when high winds demolished the race marquee, and Saturday more high winds and heavy rain. What a difference a day makes.

Leg 1, saw Alistair and Jonathan doing great, my view from Kirkstone saw them in second place behind dark peak, until the decent of red screens when Alistair unfortunately fell and cut his arm badly quite a deep wound, which needed hospital treatment. They did well to finish in 9th place as things were very tight.

Leg 2, Ian and Lee, had good leg with 3rd fastest leg time of the day gaining 4 places.

Leg 3, Robin and me. Thanks to Robin for dragging me round my lungs are still in recovery. We managed to gain one place and hold off Keswick who passed us/me on the climb, bringing us in forth place.

Leg 4, Rob and Andy on the glory leg, (next year maybe). They had a great run recording second fastest leg time of the day, but unfortunately the damage had been done, and they could not claw any places back.

Overall Borrowdale again won this event in a record time, smashing 4mins of the record, P&B 2nd, dark peak 3rd, Bingley 4th.

Bingley mixed team had a good day out claiming 3rd mixed team overall.

Report by Andrew Jebb

### **07/10/09 - SARAH JARVIS FINISHES 4TH FOR ENGLAND**

In her first race in an England Vest, Sarah Jarvis finished a superb 4th woman at the New Balance English Half Marathon in Warrington on Sunday. Running a time of 78.04, only a minute outside her own club record, Sarah acquitted herself and the club with great distinction. Well done Sarah and we look forward to many more call ups.

### **05/10/09 YORKSHIRE VETS ROAD RELAY CHAMPIONSHIPS.**

Terrific performances from all involved.

All the runners dedicated their efforts and time in memory of Jenny.

Ladies Over 35s 2nd place

total time 60.02(winning time was 59.56)

Mary Green 19.32

Becky Weight 20.54

Helen Livingstone 19.36

Men 0/35s 2nd place ,

total time 66.19(winning time 65.20)

Steve Green 16.08  
Steve Brooks 16.17  
Steve Bailey 17.30  
Andy Brown 16.24

Mens 0/40 1st  
total time 69.05  
Marc Teasey 17.41  
Richard Balshaw 17.18  
Richard Scott 17.45  
Stewart Macdonald 16.21

Mens 0/50 1st  
total time 52.11  
John Cordingley 16.22  
Peter Pyrah 17.24

Shaune Jordan 18.05

Mens 0/50 B team 6th  
total time 56.42  
Gerry Bell 18.26  
Pete Clarke 18.59  
Adrian Netherwood 19.17

Mens 0/60s 1st  
total time 59.28  
Kev Ohara 20.08  
Stewart Thompson 19.48  
Bob Dover 19.32

Mens 0/60 B team 3rd  
total time 66.53  
Fred Gibbs 21.03  
John Smithurst 23.31  
Bruce Duncan 22.19

[Full times and results can be found here](#)

Adrian Rushworth.

## **29/09/09 - NORTHERN ROAD RELAYS**

### **Mens Team**

Sunny skies greeted the Bingley teams at Carnegie on Saturday 26th September for the senior men's Northern 6 stage road relays. As in the Yorkshire event two weeks previous we fielded an 'A' team and an incomplete 'B' team. The two runners in the latter ran out of their skins and Stephen Broadbent only lost out to our 'A' runner by one second! This caused confusion for the officials which interrupted John Conveys start, having been told to start by one official, then told to stop by another. Anyhow it didn't stop him from running a good second leg gaining 5 places to 30th, this after Aidan Johnson's ever reliable first leg coming in a very creditable 35th of the 80 or so teams. Steve Green on the comeback trail ran an impressive third stage gaining 7 places, and Tim Midgley continued the forward momentum taking another place. Then it was the in form Lee Athersmith who really did the damage and ran Bingley's fastest time of the day gaining 6 places to take the team up to 16th, which is where the team were to finish after Stewart Macdonald had completed the final leg.

The whole squad should be proud of what they achieved, with everyone performing to their best, and you can't ask for more than that. The top 25 finish means that the club have qualified for the National 6 stage road relays to be held at Sutton Park, Birmingham on 17th October.

### **'A' team**

leg 1. Aidan Johnson 18.53  
2. John Convey 19.16  
3. Steve Green 19.00  
4. Tim Midgley 19.05  
5. Lee Athersmith 18.28  
6. Stewart Macdonald 19.18

### **'B' team**

leg 1. Stephen Broadbent 18.54  
2. Robin Lawrence 19.43

### **Ladies Team**

Just a quick update on the road relays at Carnegie. A lovely day was had under clear blue skies making spectating almost as much fun as the running. As always the field was high quality with quite a few scary track types showcasing their abs of steel in the autumn sun. Bingley fielded men's and ladies teams with Andrea leading out our ladies on leg one, her racing experience and endurance shone through, bringing us home at the front half of the field before handing over to leg 2. Jo motored round the course, breezing past several ladies to hand over to Pauline just as the race was starting to become strung out; an increasingly challenging chase was ahead. Pauline powered round the field putting us in touching distance of a top ten finish, handing over to me on the final leg. With a

few ladies in sight I 'dug in' and managed to overtake a few on the first leg and then luckily hit a final bunch near the finish, eeking out a few more places on the final climb into the track. Bingley ladies ran hard and we weren't far off the medals in the end, finishing 5th overall with gutsy runs all round. Best of all, we were chuffed to be out as a full team. I was reminded again how good it feels to run in my magic Bingley team colours. Well done to our boys too who also ran their socks off. Big thanks to all our Bingley club mates for the shouts of support today, to Mary Green for travelling over especially to provide back up and act as a course scout and to Sue Cariss for all her tenacity and hard work in ensuring we had a ladies team today...

Race pics here:

Full Ladies Results here:

Bingley Ladies 5th Team Overall

A Dennison (24) 18:31

Jo Buckley (17) 18:15

Pauline Munro (13) 17:54

Sarah Jarvis (5) 16:58

### **27/09/09 - ENGLAND CALL FOR SARAH JARVIS**

Two weeks after an individual win in the Inter-Regional Half-Marathon Champs (representing Yorkshire & Humberside in the Nottingham Robin Hood Half-Marathon), Sarah Jarvis has been honoured with her first international selection for the full England senior team. She will be representing England at the New Balance English Half Marathon in Warrington on Sunday 4th October, which is hosting a match between England and Scotland.

► See all the Clubs International Representatives here

### **21/09/09 - MORE MASTERS MEDALS**

On 13 September, a hardy bunch of three club members made the long trip to Oxford to run the Masters Track 10K in blustery conditions. The trio performed well and came away with two medals and narrowly missed out on a third when 0/55 star, Gerry Bell, came in with a fast 4th place in 38.40. Our best performance, however, came from Andrea Dennison (F O/45) who took gold in 38.30 followed by Bob Dover's silver (40.48 in the M O/65 category) in an earlier race for the pensioners!

► See all the Club Champions here

### **21/09/09 - THE TRACK & FIELD INTER COUNTIES**

**29TH AUGUST 2009.**

Bingley Harriers had five athletes representing Yorkshire at the recent Track & Field Inter Counties match at Robin Park, Wigan. Joanne Oates set the day off well for Yorkshire with a well earned victory in the Senior Ladies 400m Hurdles – her first senior title at these Championships. Carly Robertson ran in the Under 17 Ladies 3000m and also came away with the victory. The weather conditions were certainly not good and positions became far more important than actual times. Under 15 Boy Ayrton Aldridge had a busy day competing in the 100m, High Jump and Long Jump coming 5th, 2nd and 3rd respectively. Our two other field eventers were Adanna Okeahiliam competing in the Senior Ladies Hammer who came a very respectable 2nd place and last but not least Jessica Mayho also competing in the Hammer, but in her own Under 17 age group, came 3rd. Collectively our five athletes helped Yorkshire to win the overall Inter Counties Match.

### **21/09/09 - THE WEST YORKSHIRE TRACK & FIELD LEAGUE CHAMPIONSHIPS**

**CLECKHEATON 6TH SEPTEMBER 2009.**

Bingley Harriers Under 11 rising star Rebekah Tiler rounded off a fine debut season with two golds and a silver medal at the West Yorkshire Track & Field League Championships and also came home with a trophy for achieving 2nd place overall in the league competition. Rebekah won the Shot Putt and her 75m Sprint race and was 2nd in the 600m. Also taking part in the Championships was U15 Boy Ayrton Aldridge who also came away with a gold medal in the 100m and a bronze in the 200m.

We now look forward to a winter season of competitions in Cross Country, Indoor Athletics, and Sports Hall Athletics. Our winter training at Beckfoot starts again on Tuesday 15th September 7pm-8pm. If anyone age 7 upwards is interested in joining Bingley Harriers please see our website for details ([www.bingleyharriers.org.uk](http://www.bingleyharriers.org.uk)) or phone (01274 416286).

### **21/09/09 - ILKLEY INCLINE SENIORS RACE**

We had 4 runners in the seniors race which had its highest entry so far. We had 2 winners in Peter Clarke MV55 and Becky Weight LV50. Full results and photos here

### **21/09/09 NORTH OF ENGLAND KNOCK OUT PLATE FINAL**

**TRAFFORD SATURDAY 12TH SEPTEMBER 2009**

Bingley Harriers had a much stronger squad competing in the Northern Knock Out Plate Final at Trafford this weekend. Many of our stars had returned from holiday and we were able to give a good account of ourselves. As usual the day started with wins in the 400m Hurdles with Joanne Oates and Oliver Robinson winning their respective races. Meanwhile Jason Scott was winning the Men's Hammer and Matthew Chambers also winning the Men's Long Jump.

Josh Allan had an excellent win in the Men's 400m and Oliver Robinson backed up the one lap hurdles to also win the sprint hurdles in a very close finish with Graham Bickerdyke from Holmfirth.

Lee Athersmith had an outstanding run in the Men's 3000m Steeplechase with a seasons best of 9.54.98 to earn yet more winning points.

Carly Robertson finished her Track Season off with a fine win in the 800m and was also part of the ladies 4x400m Relay winning team of Laura Pitts, Arianna Zenti and Joanne Oates.

The ladies throwing team were their usual best with wins for Janine Crosby in a season's best of 36.80m in the Discus and Sarah Benson who travelled back from Cardiff University to win the Shot.

The Men's team of Matthew Chambers, Chris Cox, Oliver Robinson and Josh Allan rounded the day off with a superb victory in the 4x400m Relay.

The Bingley Track & Field Season is now finished and the overall result of this competition was that Bingley Harriers were runners up to Lincoln Wellington. The points were very close; 1st Lincoln Wellington 147, 2nd Bingley Harriers 140, 3rd Holmfirth Harriers 134,

4th Rotherham Harriers 126 and 5th Leigh Harriers with 70. We now look forward to a well earned rest and to follow up with a good winters training in preparation for 2010.

Christine Oates  
Team Manager

### **15/09/09 - SILVER MEDAL FOR JONATHAN BROWNLEE**

Jonathan Brownlee put in a great performance to claim the silver medal in the junior ITU Triathlon grand final in Australia, finishing just 15 seconds behind gold medallist Mario Mola of Spain and over a minute ahead of his next nearest rival.

### **15/09/09 - YORKSHIRE 6 STAGE ROAD RELAYS**

The Yorkshire 6 stage road relays returned to Don Valley stadium this year. Bingley once again came away with the the silver medals behind Hallamshire with Leeds City back in third. Bingley were always inside the top 5 positions, but the medal was only decided on the last leg with a storming run from Lee Athersmith to take Bingley from 4th to second, this after competing in the steeplechase the day before. The Bingley times were:

Aidan Johnson 21.00 (4)  
John Convery 21.28 (3)  
Richard Harris 21.14 (3)  
Jon Cordingley 22.02 (4)  
Tim Midgley 21.11 (4)  
Lee Athersmith 20.41 (2)

### **08/09/09 - ILKLEY INCLINE JUNIOR SPRINT RELAYS**

We didn't manage to turn out a team in the Ilkley Fell relays - no we turned out two!!!  
8 Bingley junior fell runners in one race - that must be something of a record (of recent times ).

Full details, result and pics of the event can be found [here](#)

Our big guns did brilliantly finishing in 6th place overall just 1 minute behind the winners (so just 16 seconds off each of your times and we'll win it next year!!)

However, the real stars for me were our other team - they didn't finish quite as high up the table but as I said to them they beat everyone who stayed at home. It's not about the result it's about having the guts to give it a whirl - anyone can watch from the sidelines but it takes real courage to pin a number on and run.....well done guys - you all did brilliantly.

For Lucy and Tom this was their very first fell race but hopefully not their last - I can't wait to see you out there again soon.

Many thanks to all the runners for turning out on what was a very wet and midge infested evening and thanks to the parents for getting them there.

Andy Nicoll

### **24/08/09 - KESWICK MOUNTAIN TRAIL**

Mary Wilkinson came home 3rd in the 9k ladies race with a time of 40:51. Mary was supported by fellow Harriers Kirstin Baily and Beverley Whitfield in 47:34 and 47:50 respectively.

In the 12k mens race Matt Whitfield finished 8th in a time of 48:12 with Ian Holmes recording a time of 49:43.

### **24/09/09 - THREE 1'S FOR VETS AT STARBECK**

Yorkshire Vets Grand Prix Series - 20th August 2009

Peter pyrah 1st M50  
Shaun Jordan 1st M55  
John Smithurst 1st M70

Paul Mitchell was Bingley 1st Runner in 12th place, in a field of 169.

Full Result & individual points @ [www.yvaa.org](http://www.yvaa.org)

### **24/08/09 - FRED GIBBS CONTINUES TO SHINE**

In the Northern Vets 10 mile championships August 16th, at St Annes, Fred won the 0/70s title to go with the other titles he has accumulated this year.

### **24/08/09 ATHLETIC ACHIEVEMENT - CARLY ROBERTSON**

Carly Robertson ran a new personal best last night in the North of England Under 20, 3000m race held at Longford Park Stretford, picking up a silver medal along the way. Carly was using the race as a preparation for both the Inter-Counties match on (29th August) and the UK School Games (3rd to 6th September), where she has been selected to represent Yorkshire in the 3000m.

Still an under 17, Carly raced in the age group above and set off with purpose at the start of the race. After the first kilometre she dropped back in to 3rd place, and remained there until the last lap. At the bell, Carly kicked hard, catching and passing the runner in front. She went on to run the last 200m in 35 seconds to claim second place. She knocked 4.5 seconds off her previous best, clocking 10:29.1. Although pleased with her performance, after the race Carly said she is looking forward to running her preferred distance of 1500m next year.

Having started the season running 800m Carly switched to the 1500m after a disappointing performance at the English Schools. At

the Nationals in Bedford two weeks ago she came 7th in the final, again running a personal best (4:40.73).

With three races left at the end of a long season Carly is still hoping to improve her times, her main focus being the UK School Games in Cardiff. The Games are a multi sport competition specially created for the best under 17s in the country in the run up to the 2012 Olympics. Carly follows in the footsteps of previous Bingley representative at the event, Harriet Pickles, Larry Animashaun, Harrison Foster, and Josh Allan. More details about the event can be found at <http://www.ukschoolgames.com/>

### **17/08/09 YET MORE VETERANS SUCCESSES**

Mike Smith helps England to a silver medal in the 400 meters relays held in Finland. Whilst in Doncaster, Fred Gibbs wins the 0/70 Yorkshire 10 mile road championships and Andrea Dennison won the ladies 0/45 10 mile championship.

### **17/08/09 REPORT OF BAL PLATE AND CUP FINALS**

The Bingley Harriers Ladies and Men's teams travelled to Barnet Copthall Stadium in Hendon to participate in the 10 in 100 BAL Cup and Plate finals. Due to holidays, illness, manflu and other competitions the team was a little depleted, however we had to take our young stars who did not disappoint us.

The team spirit was excellent despite the wide age gaps and each athlete gave their all against very tough opposition. The outcome of the two matches was as follows:-

#### Men's Plate

1st Swindon  
2nd Bexley  
3rd Epsom  
4th Newport  
5th City of Portsmouth  
6th = Bingley  
6th = Colchester

#### Women's Cup

1st Epsom & Ewell  
2nd Rugby & Northampton  
3rd Southampton  
4th City of Portsmouth  
5th Exeter  
6th Crawley  
7th Colchester  
8th Bingley

We are a very proud athletic club and we are equally proud of our Track & Field achievements this summer season both in league and cup matches.

Also taking part this weekend was the England Athletics national Track & Field U17 & U15 Championships in Bedford. Carly Robertson ran a personal best in the 1500m with a time of 4.40.37 to come 7th overall. Ayton Aldridge ran 11.84 in the 100m to come 10th overall narrowly missing a place in the final.

Carly has been selected to represent Yorkshire in the 3000m at the Inter Counties match on 29th August at Wigan.

One of our younger athletes Rebekah Tiler has been competing in the Inghams York League and she won her age group overall. Rebekah is also competing in the West Yorkshire League and subject to confirmation she will finish the series in 2nd place overall and now looks forward to the Championships on 6th September.

### **06/08/09 - NORTHERN LEAGUE DIVISION 2WC MATCH FOUR**

Bingley Harriers travelled once again to the superb facilities at the Leigh Sporting Village for the final league match of the season. Unfortunately illness prevented the Bingley team from having some of their strongest athletes out resulting in a very disappointing 5th position in the match.

The overall outcome of the league is that Bolton and Holmfirth will contest the 'Play Off' match for Division One status and Bingley came a very creditable 3rd after being newly promoted to Division 2 this season.

Winning 'A' string performances were few and far between but we did manage 8 in total. Josh Allan 400m, Jason Scott Hammer, Carly Robertson 1500m, Joanne Oates 400m Hurdles, Adanna Okeahialam Hammer, Sarah Benson Discus and Shot Putt and finally the ladies 4x100m Relay team of Mary Jane Sollitt, Carly Robertson, Adanna Okeahialam and Joanne Oates.

Bingley now look forward to the '10 in 100' Final at Hendon this coming weekend and the Northern 'Knock Out' Cup Final at Trafford in September.

### **06/08/09 - VICTORIA CROWNED LADIES XC CHAMPION**

Victoria Wilkinson has been awarded the Club Ladies Cross Country Champion title for 2009 and will receive the Carol Greenwood Trophy.

▶ [See all the Club Ladies Cross Country Champions here](#)

### **30/07/09 - ANOTHER CUP FINAL**

## **NORTHERN TRACK & FIELD KNOCK OUT CUP ROUND ONE ROBIN PARK, WIGAN SATURDAY 25TH JULY 2009**

Following on from the previous weeks success in the '10 in 100' competition Bingley Harriers have again reached the final of the Northern 'Knock Out' Cup competition. Despite only having 9 men and 8 ladies Bingley came second in the match to Bury AC. Unfortunately Jason Scott and Emma Ogden had car problems travelling to the match and could not arrive in time for their events. If they had been able to complete their journey Bingley would have won the match by a considerable margin and would be competing in the 'Main Final'. However we will now be competing in the 'Plate Final' in an event we would like to bring home the trophy!

Many of our athletes achieved either personal bests or seasons bests and it was very pleasing for the women's team beating The City of Manchester team in the 4x400m Relay.

This match gave us an opportunity to 'blood' some of our rising stars in Matthew Walker (400m), Sam Redhead (400m Hurdles) and Scott Hawkes (High Jump). Mary Jane Sollitt (100m) and Alex Pringle (200m) two of our 'new' members of the senior ladies team are improving all the time and giving strong support to our existing squad.

Winning performances came from Lee Athersmith in the 3000m Steeplechase, Danny Crosby in the Triple Jump, Joanne Oates in the 400m Hurdles, Laura Pitts in the 100m Hurdles, Janine Crosby in the Discus and Hammer and the ladies 4x100m team of Mary Jane Sollitt, Carly Robertson, Alex Pringle and Joanne Oates and the ladies 4x400m team of Laura Pitts, Mary Jane Sollitt, Carly Robertson and Joanne Oates.

The combined men's and ladies team now go on to face Boston, Holmfirth, Leigh Harriers, Lincoln Wellington and Rotherham in the final at Longford Park, Stretford on the 12th September.

Christine Oates  
Team Manager

### **28/07/09 - FRED GIBBS WINS 5000M GOLD**

Fred Gibbs won the 5000m 0/70 category on the 3rd July 2009 at BMAF track and field championships in a very credible 20.27.

### **28/07/09 - BMAF ROAD CHAMPIONSHIPS AND GOLD NO 2 FOR FRED!**

At the BMAF 10k road championships at Magor Marsh 19th July 2009 the amazing Fred Gibbs became the 0/70s Champion in a very credible 41.51(67th overall). Carey Gray was 37.43 finishing 9th in the 0/50s.

▶ [See all the club Champions here](#)

### **20/07/09 10 IN 100 SEMI FINAL**

#### **JOHN CHARLES STADIUM, LEEDS - SATURDAY 18TH JULY 2009**

On a very windy but pleasant day the Bingley Track & Field team again competed in the 'new' concept of Athletics at the John Charles Stadium. It is very similar to 20/20 Cricket in that 10 Track & Field events are contested in 100 minutes. Times were to prove impossible to improve upon but it was all about positions.

Oliver Robinson set the event off to a good start with a fine win in the 400m Hurdles and Joanne Oates also followed suit in the ladies 400m Hurdles, both gaining maximum points. Thomas Crowley was second in the 800m after a very close finish between Bolton (1st) and Leeds City (3rd). Abigail Greetham just back from competing in the Czech Republic stepped in to do that 'vacant' 800m and gained what was to prove 8 very valuable points. Next up on the track was Arianna Zenti (just returning from 4 weeks of illness) who ran a very powerful 400m to take first place and 10 points. The 200m was contested by Josh Allan who ran a very good time for second place in the extremely windy conditions and Rebecca Green is now coming back into form after a long lay off due to exams and gained more valuable points for the team. James Caine wanted to finish his season off with a good time in the 100m. He did win the race but the conditions did not allow him to dip under the 11 second barrier. Mary Jane Sollitt one of our very young members of the Senior Team also ran extremely well in the ladies 100m and crossed the line in 3rd place. The 1500m was the final event on the

Track before the Medley Relay and Carly Robertson ran her socks off to win her event in a time that was very close to her personal best.

Meanwhile the field events were taking place with the men and the ladies throwing the Discus and then the Shot. Janine Crosby was the winner in the ladies Discus and Jason Scott was 3rd in the men's event - again the wind proving to be a problem. (There is a huge wind turbine situated just alongside the back straight so that just says something about the windy stadium). Matthew Chambers and Emma Ogden were the High Jump competitors both are not our usual High Jumpers but kindly stepped in for the valuable points. They both also were our Long Jumpers an event they are most used to competing in and they came away with 8 points each (2nd places). The final field event of the day was the Shot Putt. Jason Scott threw a new personal best and came 3rd. Sarah Benson was a little down on her own club record standard but she had been ill all week and had not trained but she won the event. This meant that going into the Medley Relay the ladies team had the same points as Blackpool.

The Relay squad members were Rebecca Green (200m), Mary Jane Sollitt (200m), Arianna Zenti (400m) and Joanne Oates (400m) and they came away with the victory and the match to take the ladies to the Cup Final in London on Saturday 8th August. The men's medley relay squad of James Caine, Josh Allan, Tom Crowley and Oliver Robinson also ran a very closely fought race with Bolton coming 1st, Bingley 2nd, Leeds City 3rd and Blackpool 4th. We are awaiting confirmation but I think the men's team have qualified for the plate final.

A very good day's athletics with a positive outcome and it goes without saying that we are very grateful to our team of officials of Alistair Young, Janet Pearson and Mary Chambers. Many thanks to all who supported the event and we now look forward to the Final.  
Christine Oates - Team Manager

### **20/07/09 QUADKIDS ATHLETICS**

You have seen the quick 20/20 cricket, Super 8 Athletics and Street Athletics well here it is now on your doorstep.

Bingley Harriers were asked by England Athletics to pilot a taster competition for School Year 5&6, details as follows.

Date - Wednesday 15th July - 4pm to 5:30pm.

Venue - Eldwick Primary School, Warren Lane, Eldwick

Teams - 4 Boys and 4 Girls

Events - Based on a Quadathlon - All pupils take part in 75m, Standing Long Jump, Vortex Howler Throw and 600m.

The Day started with a deluge but by 3pm the sun was shining on the perfect setting at Eldwick Primary School. A grass 200m Track, a 80m Sprint Straight and plenty of room for the standing Long jump and the Vortex Howler throw with a wonderful view across Baildon Moors.

Three Schools accepted the late invitation with Wycliffe and Myrtle Park travelling to the host school Eldwick who provided 2 and a half teams. With 40 children all running, jumping and throwing the scene was busy with the pupils all enjoying the experience.

The area co-ordinator and laptop operator for this new initiative was Katie Mapplebeck who travelled 'up north' from Rotherham and efficiently warmed up the athletes, sorted them into groups and kept bang up to date with the results. The competitors all got a certificate with a picture of the Bingley harriers mascot Hound Dog and the individual top scorers were top girl Drew Gregory (194 points) from Wycliffe and top boy Lewis also from Wycliffe with (244 points). The top Team were Eldwick A in first place with 1275 points, second Myrtle Park with 1248 points, third Wycliffe with 1174 and fourth Eldwick B with 1161 points. A keenly fought high scoring competition with not that many points between the teams.

The concept is being rolled out across the country and England Athletics hope that schools partnerships competitions can spring up with area and regional finals after that. Bingley Harriers are planning an encore in the spring to help recruit athletes for next summers Track & Field season. Watch for details.

## 20/07/09 NORTH OF ENGLAND TRACK & FIELD LEAGUE

There was a certain air of determination about the Senior track and field team as they entered the third meeting at Ashton. After missing out on third place by a point in the last match, the team was determined to make every effort count.

Despite misdirection's from a few Sat Navs and a shockingly surfaced car park, the team made it to the start line on what turned out to be a warm and sunny day. Oliver Robinson, fresh from his club record breaking run at the North of England Championships, cruised to victory in the 400m Hurdles, backed up by Danny Lyness coming second in the B string event. As Tom Crowley was busy preparing for the English Schools Championships (good luck Tom) there was no Bingley athletes in the men's 800m.

The 100m provided good points and mixed fortunes for Matt Cottam and James Caine. Those watching saw Matt ran a close second to the Bury athlete who was given 11.1, Matt clearly in front of the athlete in 3rd, however as is the way sometimes with our sport the time keepers saw the race differently giving Matt 2nd place but the same time as the athlete in 3rd (11.4). James however recaptured his early season form with an excellent 11.1 to come second in the B race.

In the field, Jason Scott and Ian Lindley performed well in the heavy throws, Jason winning the Hammer, and Ian coming 3rd in the B string. Fortunes were reversed in the Discus as Ian threw an excellent 34 meters missing out on 1st place by 1cm, Jason also threw well with 2nd in the B string. Ian also went on to win the shot put, rounding off a successful day for them both. Back on the track, Lee Athersmith led from the front in the 3000m steeple chase to win the a race, and also ran hard in the 1500m providing the team with valuable points. Also running in the 1500m was Tom McDonald, who in typical Bingley fashion saw a gap on the team sheet and volunteered. I understand he had only really come along to support his son Stuart who was running in the 5000m later in the day.

More good points came in the 400m where Josh Allan was second to the Yorkshire Champion, Junior George from Holmfirth, and Chris Cox ran a strong first 200m to position himself 3rd in the B race, behind the Holmfirth and Bolton athletes. Harrison Foster led the Bingley charge over 200m coming second behind Saul Bah from Bury (the winner of the 100m). Doubling up in the 100 and 200 James Caine ran a very good race to maximise points in the B race.

Meanwhile back in the field, Danny Crosby was racking up points all afternoon, despite injuring his ankle in the long jump, he came 3rd just in front of Matthew Chambers who placed 2nd in the B string. Their positions reversed in the triple jump later in the afternoon. Danny completed his participation in all three jumping events with an ice pack strapped to his ankle in the high jump finishing a creditable 3rd. Oliver Robinson completed a hurdles double winning the 110m high hurdles, and even with a sore ankle Danny Crosby could not be put off running the B string coming 2nd. Nicholas Robinson also gained valuable points competing in the javelin and the high jump, as his regular event (the pole vault) was cancelled due to lack of facilities.

Stuart McDonald and John Convery ran well in the 5000m in warm but blustery conditions both earning good points (4th and 2nd respectively) both running under 16:30.

The final two events of the day were the relays. After the disappointment on last months' failure to get the baton round the 4 x100m boys were in a determined mood. A subtle change in positions saw James start, giving the team a positive lead, Harrison carried the baton down the back straight further strengthening the position, Matthew Chambers ran the final bend, safely handing the baton on to Matt Cottam who stormed home to a comfortable victory, or so he thought... Those watching from track side saw the very strong Bolton team close in to try and steal victory on the line, and although Matt was confident in his margin of victory, the 3 tenths of a second he won by did not seem that much from the sidelines.

This set up the final race of the day, the 4 x400m, between Holmfirth, (winners of the A and B races over 400m and A and B over 800m) and our own quartet of Josh Allan and Chris Cox (flat 400m specialists) and Oliver Robinson and Danny Lyness (our 400m hurdles). Bingley started with their traditional format of Chris Cox opening leg, passing the baton to Danny, leaving our fastest pair...

murders). Bingley stuck with their traditional format of Chris on opening leg, passing the baton to Danny, leaving our fastest pairing on paper, Josh and Oliver legs 3 and 4. Holmfirth, confident from their victories in the earlier races set their fastest runner (winners of the individual races today) on legs 1 and 2, and planned to use the strength and endurance of their 800m runners for the final 2 legs.

Chris was instructed to go out hard, repeating what he had done in his individual race earlier, and he did just that. As the athletes broke from the stagger down the back straight, Chris cut in from lane six and led Junior George through the first 200m, however the strength of George proved too much and he opened up a substantial lead as he handed the baton on to the second leg runners. Danny Lyness pushed hard to hold on to 4th place down the back straight and used his endurance to pull back to third as he past through the 200m mark. The days' earlier race took its inevitable toll as Danny came down the home straight, and Holmfirth further increased their lead.

And so it came down to 2 pairs of runners and 2 sets of tactics. Was the gap big enough for the 800m runners from Holmfirth to hold on? Or would Bingley's plan to hold back their speed for the last 2 legs pay off? The lead was around 40m by the time Oliver got the baton and the race seemed all but over, the coaches from Holmfirth were stood on the top bend and were calling home their athletes, confident that the gap was big enough for victory. Stood close by the Bingley coach just hoped that speed would prevail. Oliver made a valiant effort to run down the athletes in front of him to close the gap on Holmfirth. It was a gamble to close that gap so quickly but it looked to be paying off as by the time he passed the baton to Josh the gap was reduced to 20m, which in a 400m race is still a big advantage. Having not been in his best form so far this season it looked like the distance to close would be too great for Josh, however as the athletes came down the back straight the gap looked to be closing further, and as the athletes once again passed the coaches, the Holmfirth directive was to "hold on", the Bingley directive to "attack", Josh took the Holmfirth athlete as they rounded the curve, and powered into the home straight.

As they raced down the last 100m it looked like the Harrier from Bingley had beaten the Harrier from Holmfirth, yet the gap began to close again as they raced for the line, maybe the efforts made by Josh to get back into contention would take their toll, and the Holmfirth plan would work...

Then again maybe not, Bingley won the final race of the day, but only by 2 tenths of a second! Still, it was enough to make the journey home feel that much shorter, and it helped to secure second place in the match for the team. The overall standings for the season, with just one meeting left show that Bingley are behind Bolton by 5 league points and ahead of Holmfirth by only 1. The final league meeting of the season is on Sunday August 2nd at Bolton, where Bolton will claim a well-deserved league victory on their home track, however the battle for second place and a spot in the promotional play-off match should be very strongly contested between Bingley and Holmfirth.

#### **LADIES NORTHERN LEAGUE REPORT**

Wow! How do I follow such an excellent report with the ladies exploits? I will certainly try and I have no doubts in my mind that not only the team of men and ladies but also the management and our team of officials put 110% effort in to achieve the 2nd place position behind Bolton. Well done to everyone involved. The first track event of the day is as always the 400m Hurdles that saw Joanne Oates making a comeback in her favourite event and finishing a very creditable 2nd in the A string and Laura Pitts narrowly winning the B. Excellent points to start with and followed up by Oliver Robinson and Danny Lyness in the men's event set the team off to an excellent start. We had two debutants in the sprints with Alex Pringle and Mary Jane Sollitt achieving personal bests in the 100m. Carly Robertson ran the 3000m achieving a National Grade 3 standard with a time of 10.42.5 (a great shame that we did not have a 'B' person). Emma Ogden gave her usual best performances and achieved a PB in the High Jump. Two other personal bests were achieved by our two English Schools bound Hammer throwers - Adanna threw 39.83 and Jessica threw 34.32 winning both the A and B strings. The achievement of the day was by Sarah Benson throwing 12.71 in the Shot and smashing her own Club Record in the process and she also picked up maximum points in the Discus. A return of athletes to the team saw an improved performance in the 4x100m (Mary Jane Sollitt, Alex Pringle, Rebecca Green and Joanne Oates) and we could actually field a 4x400m team (Laura Pitts, Mary Jane Sollitt, Carly Robertson and Joanne Oates) that produced the fastest time of the season. We hope to be at the promotional match and to do this we need all available athletes to support our last league match at Bolton on Sunday 2nd August.

P.S. We urgently need a timekeeper.

Alan Oates

#### **16/09/07 - CARLY SELECTED BY ENGLAND ATHLETICS**

Carly Robertson has been selected for the England Athletics Yorkshire and Humberside team at the UK School games in Cardiff from September 3rd-6th 2009 in the 3000m.

#### **15/09/07 - RAINING GOLD FOR BROWNLEE**

Alistair Brownlee has added another ITU World Triathlon series gold to his tally. He has now won three out of three events at the latest race in Kitzbuhel, Austria. He convincingly beat the reigning world champion, Javier Gomez of Spain, into second place in the process. Younger brother Jonathon, in only his second senior outing came home in 13th place. Alistair now leads the series after 4 races in the 8 race series.

► [Full British Triathlon Federation Report here](#)

#### **15/07/09 - ROB JEBB WINS AT WASDALE**

Rob Jebb won the recent Wasdale Fell race, one of the most demanding races on the fell calendar. This is a counter to the British and English championship. More details to follow. Congratulations Rob from everyone at the club.

#### **15/09/07 - DANEFIELD RELAY**

The Danefield relay on Otley Chevin saw 15 Harriers out to play on sunny and warm Wednesday evening. In total 43 teams competed.

The Bingley Boys (Paul Mitchell 20.19, Robin Lawrence 18.59, Martin Peace 19.53) were just kept out of the placings by a strong Pudsey & Bramley (1st & 3rd) presence with Otley taking 2nd. Graham Pearce of P&B was fastest man in 18.00.

The next Bingley team in was Bingley Mixed Bunch (Richard Balshaw 19.44, Sharon Smith 24.42, Marc Teasey 21.27) in 12th place. Bingley Bunnies (Mary Green 23.19, Sarah Jarvis 21.08, Ruth Whitehead 23.10) were close on their heels in 16th place overall and first Ladies team. Sarah was also the fastest lady.

Bingley Belles (Mary Webb 26.03, Becky Weight 25.43, Marisol Carrera 24.52) and Bingley Beauties (Faye Firth 29.11, Alison Marks 25.39, Jenny Vesey 29.23) made sure Bingley were well represented throughout the field!

Robb Webb (ever the gentleman) helped Chapel Allerton Girls with a last minute substitution and ran as Judy X (24.25).

Rhys North (27.49) and Mark Latham (24.47) made up the Joe Average team with fellow runner Dave Swinton.

It's a lovely event (3x3m relay on paths and tracks in the woods on Otley Chevin), a good mid week run, and a great place to experience your first relay event in very sociable and relaxed surroundings so look out for it next year.

To continue the social theme about 30 from Bingley and Ilkley (and elsewhere no doubt) retired to the Cheerful Chilli for a well-earned meal concluded (once the midges had gone to bed!) with delicious desserts in the garden under the stars.

## **15/07/09 2008/9 BINGLEY HARRIERS CROSS COUNTRY AWARDS**

### **UNDER 11 GIRLS**

1st Holly Margerrison  
2nd Stacey Rooke  
3rd Katie Bowden

### **UNDER 11 BOYS**

1st Luca Zenti

### **UNDER 13 GIRLS**

1st Natalie Brown  
2nd Lizzy Ayre  
  
3rd Georgina Holmes

### **UNDER 13 BOYS**

1ST James Hall  
2nd Thomas Potter  
3rd Sam Convery

### **UNDER 15 GIRLS**

1st Jenna Killock  
2nd Rebecca Holmes  
3rd Jasmine Hargreaves

### **UNDER 17 GIRLS**

1st Carly Robertson  
2nd Holly Craig  
3rd Emily Peacock

### **UNDER 17 BOYS**

1st Ben Marriott

### **UNDER 20 GIRLS**

1st Holly Ramsden

### **UNDER 20 BOYS**

1st Thomas Crowley  
2nd Jonathan Brownlee

### **The Trophy Winners 2008/9**

Top Male competitor - Thomas Crowley  
Top Female competitor - Carly Robertson  
Best Team Player - Sam Convery  
Most improved athlete - Thomas Potter

## **06/07/09 JONATHAN BROWNLEE DELIVERS MORE GOLD**

Jonathan Brownlee from Leeds, Yorkshire has won gold in the Junior Men's 2009 Holten ETU Triathlon European Championships with a time of 53:08.

Jonathan has now emulated his older brother Alistair Brownlee who won the competition in 2007. It has already been a successful year for Jonathan having won gold at the Australia Youth Olympic Festival earlier this year. Jonathan commented after the race: "The race went very well today. I knew before I started that the course would suit me especially with the hills on both the bike and run. I swam well coming out second. Not much happened on the bike but I had to concentrate very hard to stay at the front. I then just set off very hard on the run and that was it. The atmosphere was great in such a small but enthusiastic town."

Jonathan wasn't the only British athlete who was successful with Vicky Graves from York, younger sister of Phil Graves, winning bronze with a time of 59:47. Vicky commented: "I had a very good swim and came out with the lead pack, so was very pleased. The bike was a good pace and I pushed on up the hills. Going onto the run my legs didn't feel great but I managed to hold my form and finish third. It was a great race with a great atmosphere."

Sophie Coleman from Hove, East Sussex (1:00.02) and Tom Bishop (53:50) from Derby came 5th in the Junior Women's and Men's races respectively and Josh Daniels from Peterborough finished in 18th position in 54:18.

## **06/07/09 ALISTAIR BROWNLEE WINS SILVER**

Alistair Brownlee has added to the Great Britain medal tally from the 2009 Holten ETU Triathlon European Championships winning

silver in a close elite race.

Alistair couldn't quite make it a double gold for the Brownlee family. Alistair lost out by only 27 seconds to 2008 world champion Javier Gomez from Spain who won the gold with a time of 1:44.14.

The two athletes were neck and neck throughout the race before Gomez began to run his way to gold on the third element. Phil Graves and Aaron Harris both did well with Graves putting in a superb performance on the bike and swim matching Gomez all the way to the run.

### **06/07/09 - INTERNATIONAL SELECTIONS**

Ian Holmes has been selected to run for England in the Snowdon international race on 18th July.

In the world masters track and field championships in Lahti, Finland, July 28th to August 8th Neil Robson (m60) has been picked to run in the 5,000mts and 10,000 mts. Mike Smith (m65) has been selected to run the 800mts, 1500mts and the 8k XC at the same event.

### **30/06/09 - ALISTAIR BROWNLEE CROSS COUNTRY CHAMPION**

Alistair Brownlee is the club cross country champion for 08/09, following on from his success last year.

► [Previous winners are here](#)

### **30/06/09 FRED GIBBS 2009 V70 FELL CHAMPION**

Following superb runs at Half tour of Pendle, Stretton and Tebay Fred Gibbs is now the 2009 English fell champion in the over 70s category. A brilliant achievement considering he has been carrying an injury for most of the year and was run close by his competitors. Well done Fred from all at the club.

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

### **30/06/09 FORMER BRADFORD GRAMMAR SCHOOL BOYS TRIUMPH**

Two members of Bingley Harriers and former Bradford Grammar School boys enjoyed a successful midsummer weekend gaining first place in their respective events.

Alistair Brownlee the Under 23 World Champion continued his fine form in the Senior World Series of the Triathlon having won the first event in Madrid and beating defending World Champion Javier Gomez of Spain in Washington DC in only his second outing at senior level.

Oliver Robinson broke his own Bingley Harriers Club record in the 400 Hurdles to become the North of England Track & Field Champion with a superb time of 52.93, shaving 1/3 second off his previous record, set earlier this year. Oliver has now been invited to compete in the European Trials in July.

► [See all the club records here](#)

The month of June saw Sarah Benson a former Prince Henry GS pupil and Bingley Harrier now studying at Cardiff University guest in the Welsh Championship coming second in the Shot Put with 11.94m and 5th in the Discus with 36.74m.

In the recent County Schools Championships Bingley Harriers have 6 qualifiers for the all England Schools Championships to be held at Don Valley Stadium in Sheffield.

The qualifiers are.

Ayrton Aldridge North Yorkshire 100m

Josh Allan West Yorkshire 400m

Carly Robertson West Yorkshire 800m

Thomas Crowley West Yorkshire 1500m

Adanna Okeahialam West Yorkshire Hammer

Jessica Mayo West Yorkshire Hammer

The competition was tough, the qualifying standards are tough so Bingley had quite a few disappointed athletes who just missed out this year, but I am sure they will bounce back to find just that extra for next time.

Alan Oates

### **18/08/09 - ABIGAIL LANDS CZECH CALL UP**

Top Calderdale athlete Abigail Greetham has been selected as one of a team of 26 people across four sports who will represent Great Britain at the 2009 INAS-FID Global Games in the Czech Republic from July 5-14.

Abbie, a European bronze medallist last year, and a winner of several silver and bronze medals, will be competing in a number of events on the track, including the 200m.

Her inclusion is yet another milestone in an athletics career that has seen Abbie collect a host of titles and awards.

She has just returned from the French National Championships with silver and bronze medals and is part of the Bingley Harrier team competing in the Northern League athletic meets.

"Abbie Greetham is one of a team of highly committed and motivated athletes who are driven to be the best in the world", said Tracey McCillen, National Director, UK Sports Association for People with Learning Disability (UKSA).

Team GB will comprise competitors in swimming, athletics, table tennis and cycling with the best of British joining an expected 2,000 athletes from across the world in a multi sport Championships and seven days of fierce competition.

The squad is led by Verona Elder MBE an experienced athlete and Commonwealth Games gold medallist and a host of professional coaches, all of whom are providing their time voluntarily.

Recently recognised by the International Paralympic Committee, the Global Games is a critical event for British athletes. The eyes of the sports world will be on the Games both from a performance perspective and in anticipation of the outcomes from the collaborative work of the joint INAS-FID/IPC Working Group which has been tasked with determining the methods by which athletes with intellectual disability may be included in the London 2012 Paralympic Games.

The ban on athletes with intellectual disability competing in the Paralympic Games, imposed after the Sydney 2000 Games continues although progress is being made by the joint Working Group. The IPC decision on inclusion in London 2012 is expected in

November this year.

### **18/06/09 - ROB JEBB TRIUMPHS AT ENNERDALE**

Ennerdale is one of the toughest races on the fell calendar, 23m and 7500' of climb and has been won by some of the biggest names in fell running. Rob came home in a time of 3h 38m.

### **08/06/09 - BRONTE 5 - SUPERB SHOWING BY VETS**

In the Yorkshire vets 5 mile championships at Haworth (full Bronte 5) Bingley triumphed in many categories.

Stewart Macdonald 1st v40  
 Pete Pyrah 1st v50  
 Gerry Bell 2nd v55  
 Bob Dover 1st v60  
 Mick Lowe 3rd v60  
 Marisol Carrera 2nd f40  
 Andrea Dennison 1st f45  
 Mary Green 1st f50  
 Jenny Vasey 1st f60

### **08/06/09 NEW MEMBER - STEPHEN BAILEY**

The club is delighted to welcome Stephen Bailey to the ranks. Formerly a relatively inexperienced and unattached runner, Stephen has shown excellent potential as a vet O/35 clocking 76.41 for the half marathon and 34.34 for 10k We wish him every success with the Harriers.

### **27/05/09 KILDWICK FELL RACE**

A peppering of blue and white turned out for this Wednesday night race. A short but heavy rain shower at the starting line ensured all runners were wet and cold from the off and that the course was muddy and slippery throughout. A tough little course that visits the Jubilee Tower twice with a gruelling steep road and trail climb for the first 1.5m. There seemed to be a lot of obstacles on this course, from whiplash trees, gates, stiles, canal bridges, steps and sharp bends to the finishing funnel. A lovely little race not to be underestimated.

Winners were Jonnie Bradshaw, Wharfe, 26.02, Emma Spencer, Pendle, 31.04. Of the Bingley contingent Peter Clarke was first home in 32.30, followed by Simon Wright 33.47, Rob Webb, 33.52, Stuart Thompson, 34.07, Harry Atkinson, 34.14, Mary Webb, 37.08, Neil Barrett 37.57, Roger Hall 38.30 and Rhys North 39.17..... does that mean I get my first prize ever for being the first Bingley lady???

### **19/05/09 NATIONAL OPEN MASTERS ROAD RELAY CHAMPIONSHIPS**

Helen Livingstone stormed around the course in 18.57, Ruth Whitehead pulled her socks up to full height and ran a second faster in 18.56, Sarah Jarvis turned up the throttle and ran a blistering 17.04 and anchor woman Sue Beconsall put on her cape and flew around the course in 18.00 to bring the ladies O/35s a fantastic gold medal.

► [See all the club team titles here](#)

The O/45s ran a very solid race. Mary green ran a very gritty race to post an very good time with 19.47, Alison Marks smiled all the way around in 20.31 and supported by Becky weight in 21.41, bringing the team in a credible 8th place.

The men's O/70s put on a very very brave race. George Perkins ran a solid 21.59, old battle horse John Smithurst maintained good form in 22.54 handing Fred Gibbs the lead in a very tight changeover, Fred got his head down, by the top of the first climb the injury he had been nursing came to the fore, affecting his form and stride length, Fred gritted his teeth and battled through the pain barrier to finish in 22.10, ensuring the team were in the medals with a very gutsy performance. The team won silver, 1 minute 20 seconds behind the winners.

We managed to cobble a team together in the o/35s. Kevin O'Hara (O/60s) came in at the last minute to cover a poorly Marc Teasey (get well soon Marc) he passed on to Richard Balshaw who stormed around the course, shaking the London marathon out of his legs in the process. The last leg saw Carey Gray grit his teeth and tie his hair into a ponytail to whiz around the course burning rubber in the process.

A very credible run by all and a marvellous show of form from all involved

### **11/05/09 - NORTHERN TRACK AND FIELD LEAGUE**

An excellent start was made to this season's senior track and field league competition. As we were newly promoted into division 2 it was important that we established ourselves well for the rest of the league campaign.

It was an unusually warm day in Wakefield and the day started early with the men's hammer. Bingley was represented by our stalwarts of the throwing events Ian Lindley and Jason Scott, who both acquitted themselves well. Jason came second in the A string event and Ian first in the B string. Jason and Ian secured even more points throughout the day in the Shot (which Ian won) and discus, Jason ended the day throwing the javelin, along side Danny Crosby. Danny as ever managed to cover a diverse range of events

including the sprint hurdles and the 400m Hurdles as well as the triple jump in which he came second. In the long jump new member of the senior team Matthew Chambers came 3rd in the A string, whilst Ben Ambler returned from injury to win the B string.

Back on the track Matthew Cottam and James Cain laid down impressive times in the 100m Matt winning the A string in a very close race (the first 3 places given equal times), James came a very close second in the B string but in a slightly faster time. In the 200m Matthew completed the double, whilst Harrison Foster opened his season with a 2nd place in the b string event. Josh Allan ran his first 400m race of the season, coming 2nd Iain Thackrah ran his first race for Bingley in the B string event and pleasantly surprised himself finishing 4th.

Thomas Crowley took on the mantle of middle distance specialist running both the 800m and 1500m he ran a personal best in the 800m, finishing in 5th place, however in his preferred event the 1500m Tom came home first. John Convery collected valuable points in the b string for both middle distance races.

In the longest distance race of the day the 5000m Richard Harris made a welcome return to the team, Richard suffered a foot injury during the Cup competition at the end of last season but has come back strong with his first run for the team this year coming 3rd in the a race. Stuart MacDonald ran well to win the b string event.

We were still lacking competitors in the steeple chase so lost out on some valuable points, if anyone reading this is interested in running the 'chase then contact the team manager Colin Daniel on 01274 581855.

The day ended with the traditional sprint relay events, a new line up of Matthew Chambers to James Cain to Harrison Foster to Matt Cottam, caused an anxious few moments for the coaching staff, however there was little reason to worry as they stormed home to victory 2 tenths of a second in front of the teams in second and third.

The last event of the day was the 4 x 400m relay, the team of Iain, Harrison, Tom and Josh were beaten into second place by Bolton, which is how the final league positions stood at the end of the first match.

The Bingley Ladies section of the Track & Field League were well represented with a total of 16 athletes taking part with notable absentees of Amy Howard & Sarah Benson who were competing for their Universities in Bedford. (Oliver and Nic Robinson were also in Bedford competing at the University Championships – they will certainly enhance the Men's Team on their return). Andrea Dennison was also missing due to recovering from her fantastic performance in the London Marathon. We had however a very good squad with two juniors making their league debut (Arianna Zenti and Emily Peacock) and together with our more experienced ladies they came up with a good score to assist our men into the 2nd place position.

Our winning 'A' string performers were:

Phillipa Medley – High Jump, Carly Robertson – 800m, Adanna Okeahialam – Hammer, Janine Crosby – Discus and Emma Jones – Javelin & Shot. A full list of results will be available shortly.

The team of competitors were supported by our team of dedicated officials gathered together by our persuasive hon secretary who did us proud for organising the event and acting as announcer, thanks to Mary Chambers chief recorder, The Bolton Family for their catering skills, Alistair Young (track referee) who was being assessed as part of his UK Athletics track officials qualification. Tony Kingham did a fine job as "Mr Starters" marshal, whilst in the field Janet Pearson and her team of helpers - Larry Animashaun who is recovering from injury alongside Leanne Jennings (Athlete) and Sheila Terry (official) all gained valuable points for the team and ensured the smooth running of the meeting.

Our next league match is at Leigh on Saturday 6th June and we hope to field an even stronger team and your support would be greatly appreciated.

Colin Daniel & Christine Oates - Team manager's

### **28/04/09 - THREE PEAKS**

Another great turnout from the Harriers at the 3 Peaks on Saturday.

Rob Jebb won the race for the 4th time in 2.54. Andy Peace struggled to finish 8th (3.14) but was happy to see his record survive for another year. There was a great battle between Jamie Robinson (3.32), Andy Nicoll (3.34), Paul Mitchell (3.34) and Andy Jebb (3.35) on his first attempt. Lots of stories and hard luck tales on the forum but well done to everybody who finished and enjoyed great conditions.

20 Harriers finished and all the results can be found [here](#)

### **28/04/09 - OLIVER BREAKS OWN RECORD**

Oliver Robinson declined this year's Mascot Race due to University work commitments, but showed he still means business on the Track by breaking his own club record in the 400m Hurdles with 53.3secs at the Liverpool Open meeting on 19th April, without the woolly suit!

▶ [See all the club records here](#)

### **28/04/09 - WETHERBY MASCOT RACE**

Junior club mascot Hound Dog once again took part in the annual mascot race at Wetherby races on 26th April. The weather was hot

and sunny which would surely impact on the feathered and furry of the 58 entrants. Hound dog entertained young and old during the parade but the prize for most entertaining went to Toby Tyke of Barnsley FC. Hound dog was surely a close 2nd although the judges gave the accolade to Ronnie the Rhino! The field was then assembled on the course for the biggest race of the day. However, the handicapper had had a field day with Hound Dog placing him near the back of the field with the men in tights. At the start Hound Dog made a pawsome start and rapidly made up ground and justifying the handicappers decision with interest. However a stricken pirate at the final fence impeded our hero and further interference from elsewhere caused him to fall. Hound Dogs intensive training programme had also resulted in him shedding a few pounds to get to his racing best but he had not had chance to buy a pair of shorts in a smaller size. As he fell to the ground poor Hound Dog nearly lost his shorts and had to spend time covering his modesty

shorts in a smaller size. As he fell to the ground poor Hound Dog nearly lost his shorts and had to spend time covering his modesty. Despite all this Hound Dog managed to finish in 16th place. The event managed to raise a total of £15,000 for Sue Ryder Care. BBC footage of the event can be found [here](#)

### **28/04/09 - LANGDALE 10K**

Bingley won the team prize at St Georges Day Langdale 10k on Sunday 19.4.2009. The race starts from the new Dungeon Ghyll Hotel back along the road towards Skelwith Bridge a loop of Elterwater village and back. The only trouble was the lovely weather brought out all the traffic, and in places on the narrow country road came to a stop when they met oncoming vehicles, causing runners to stop and squeeze past.

Bingleys 1st man home was Peter Pyrah in 2nd place 36mins 11, 1st M50  
Michael Smithurst 41st. 49.56 8th M45  
John Smithurst 43rd, 50.35 1st M70

### **21/04/09 CLUB RECORD FOR SARAH BENSON - AGAIN!**

Sarah further extended her club record for the Shot Putt, with a throw of 12.71m. She has so far extended the record by 1.3m this year alone. Just how far can she go? Watch this space...

▶ [See all the club records here](#)

### **21/04/09 - COLEDALE HORSESHOE**

Another near perfect early summer day attracted 259 runners to Scotgate Caravan & Camping Site in Braithwaite, for the first weekend day running of this race in years. Rob Jebb was a man on a mission, finishing just 40 seconds outside the record.

Some results:

1 Rob Jebb, Bingley, 1.12.07  
2 Chris Steele, 1.14.20  
3 Karl Gray, Calder V, 1.17.08  
4 Martin Mikkelsen Barron, 1.17.35

### **21/04/09 - BUNNY RUN (2)**

At the second of this years Bunny Runs, Ian Holmes was first, winning his 26th Bunny Run in an epic battle with Will Smith from Keighley & Craven AC. Andy Peace was 3rd and with brother Martin 7th, they won the team chocolate. John Convery was 8th and interestingly all these four were in the V40 bracket.

James Hall was 1st U14 and 30th overall. Ruth Whitehead was 1st FV35 and 77th overall. 24 Harriers out of 249 runners took part. Video of the race can be seen including some of the prizegiving, via the races & events topic in the forum.

▶ [See the video here](#)

Bruce Duncan

### **21/04/09 - SALFORD 10K**

This was my first time racing this lovely, flat two lap 10k at Salford. It was a great course and definitely one for the diary next year. The morning brought perfect conditions to this bank holiday outing and with it came great runs for the club including some strong performances from newer Bingley team mates (who are also pretty new to running too). Richard 'Tricky' Balshaw smashed his PB and continues to look very strong for the FLM. Marc Teasey also continues to build on his race fitness with his first ever sub 37 performance. Peter Pyrah also ran a great race and Sue Becconsall also came in to win her age category.

The first three Bingley gents also grabbed the vets team prize;

21 John Convery M45 (004/049) 00:33:10  
45 Richard Balshaw M40 (005/057) 00:35:21  
50 Peter Pyrah M50 (001/034) 00:35:43  
53 Sarah Jarvis F35 (002/024) 00:35:51  
72 Marc Teasey M40 (010/057) 00:36:53  
89 Sue Becconsall F45 (001/017) 00:37:39  
200 James ? M (105/204) 00:42:24  
353 Michael Long M60 (006/015) 00:48:14

Sarah Jarvis

### **07/04/09 - NORTHERN 12 STAGE ROAD RELAYS**

Stockport's Woodbank Park was the venue for the 2009 northern 12 stage road relays. The weather was kind with early spring sunshine. This year's format saw a return to the traditional alternate long and short legs, with the odd numbered legs being long. Aidan Johnson was first off for Bingley and it was nearly disaster before he had left the stadium as he was forced onto the trackside kerb and turned his ankle. The swelling afterwards showed he did well to carry on running and brought Bingley home in 20th place. Tim Midgely held his position on leg 2, and then a good leg from Richard Harris took us up to 16th. Jon Cordingley continued the progress, finishing his leg in 13th. Andy Peace held that position on leg 5. Next up was a very late replacement, the old master Pete Moon stepped in to replace Stewart Macdonald. He slipped 9 places but without him we wouldn't have finished a team. The next 3 legs produced the highlights of the afternoon for Bingley. Jonathan Brownlee in his first senior road relays had no problem in running a long leg; he tore through the field posting a very quick time and gained 7 places. Our other youngster Tom Crowley was up next on the short leg and showed he is improving all the time in the relay situation by being Bingley's fastest short leg. A late decision by Chris Cariss to run proved a worthy one, as he flew round the 4.25 mile long leg to produce the fastest time of the day of all the long legs, and in doing so took us up to 12th. The last 3 legs were the stars of yesteryear, all vets but still able to hold their own in this competition. They are Simon Johnson, John Convery and Martin Peace, the latter bringing Bingley home in 11th position.

Stewart MacDonald

Individual Leg Times

1. A. Johnson 22.23
2. T. Midgely 13.09
3. R. Harris 22.29
4. J. Cordingley 12.46
5. A. Peace 22.19
6. P. Moon 18.06
7. J. Brownlee 21.08
8. T. Crowley 12.31
9. C. Cariss 20.15
10. S. Johnson 13.24
11. J. Convery 23.08
12. M. Peace 13.13

### **07/04/09 DUBLIN 10K**

While Bingley were at Stockport, Alistair Brownlee was racing in the Dublin 10K. A top class field, with Paul Tergat being just one of the opposition it didn't seem to bother Alistair as he recorded a fantastic time of 29.48, bringing him home in 12th place.  
Stewart MacDonald

### **31/03/09 EUROPEAN MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS**

Held in Ancona Italy from the 25th to 29th March Bingley Harriers had two representatives. In the 800m, Mike Smith the previous winner of this event, finished 3rd in the Bronze Medal position, whilst Neil Robson was 6th in the 3,000 metres.

### **26/03/09 NATIONAL SPORTSHALL ATHLETICS FINALS**

On 23rd March, LG Arena, Birmingham

Matthew Chambers won gold in the 2 Lap race, Rebekah Tiler gold in the vertical jump and new recruits Lydia McQuiston bronze in the Standing Long Jump and Gypsy Black gold in the under 13 Boys 2 Lap.

### **26/03/09 CARLY SELECTED FOR ENGLAND ATHLETICS**

Carly Robertson has been selected to represent England Athletics: Yorkshire & Humberside at the London Mini Marathon on the 26th April 2009. Carly will run in the Girls Under 18 race on behalf of the Yorkshire & Humberside Team.

### **26/03/09 BMAF NATIONAL XC CHAMPS, RUTHIN 21/03/09**

Bingley harriers were represented to the highest level.

Sara Jarvis had a very good run. At the start the leader put in a big sprint start, and then it was a case whoever was strong and fast enough to try and claw her back. Sara dropped all the other runners and put on a valiant fight. On the first lap I had her 54 seconds behind, at the finish only 38 seconds! Close behind was Sue Beconsall who ran with great fluidity to gain Bronze medal in the 0/45s. Andrea Dennis worked hard with the team to assist in a gold medal performance.

The 0/35 to 49 year olds race was one of quality. Again a very fast start put a good group of runners in contention, Richard Harris had the confidence and speed to hang on to the group finishing 4th 0/35. Andy Peace was slightly adrift but got his head down and worked very very hard by himself to try and claw the gap back. He finished 6th 0/40. Behind him Stuart Macdonald with John Convery on his shoulder drove through the field determined to push the blue and white hoops to the forefront. In the end the harriers were 2nd team, an agonizing 46 seconds behind the gold medal winners. Such was the depth of the 0/40s we also came 7th team Steve Fry, Carey Grey and new talent Marc Teasey all gave a very good account of themselves and did their club proud by an exhibition of determination and fleet of foot.

Gerry Bell was the only 0/50 runner but ran a very strong race and is showing very good form.

In the 0/60s the men ran a very credible race, winning a bronze medal. Lacking Les Haynes who is injured. Neil Robson got his head down, followed by club president Bob Dover and Mike Smith, who was recovering from back spasms and depletion after running the Barcelona Marathon. It was obvious that Mike was in great discomfort, but such is his tenacity he still ran a good race. Mike spirited run ensured the team was complete.

Just behind Mike was new member Kevin O'Hara, who is a real prospect for the club and will soon be able to count for us in races.

The 0/70s! Well what can I say, Fred was worried as he left his spikes at home but so fast was the course that he had the right footwear on the day. Fred came away with gold after a battle for first place subsided due to the intelligence and patience of Fred's racing abilities. George Perkins put in an absolute sterling performance with 4th to strengthen the Harriers placing. John Smithurst battled with his illness for the first lap then got his cadence and breathing sorted to back his team mates up with a great run, ensuring a Gold medal for the team.

Adrian Rushworth

### **23/03/09 - GET INVOLVED! HARRIERS MEMBERS HELP ORGANISE LOCAL EVENTS**

Diane Hagger, the sports co-ordinator at Eldwick Primary School, has been working to get a series of interschool cross country events established over the last couple of years and Bingley Harriers support these by providing helpers and marshals.

The latest of these was held at Sandal School in Baildon on 5th March. The numbers are slowly building and this time over 200 children, between Year 3 (age 7-8) and 6 (age 10-11), from 7 schools (Eldwick, E Morton, Saltaire, Sandal, Cottingley, Shipley, and Sandy Lane) ran the 4 races in total.

As always at these events before the start it seems totally impossible that some order will emerge out of the excited and enthusiastic crowds of children and generous numbers of attendant parents and teachers all milling about. For many it is their first event of this nature and Harrier helpers Jenny and Dick Vesey, Tony Kingham, Becky Weight and Gordon Kaye alongside many other helpers certainly had their hands full. But its great fun and a real pleasure seeing all the kids enjoying running, cheering on their friends and school mates, relishing the competition, and being proud of their achievement for themselves and their schools. So next time there is a request for help at a school XC see if you can spare a few hours to help. You will definitely come away with a big smile on your face and you may spot some young running talent into the bargain.

Becky Weight

### **15/03/09 - HALF TOUR OF PENDLE**

Almost perfect conditions (for March!) greeted the 384 runners who turned out at Barley village to undertake the Half Tour of Pendle,

the first English Championship counter of the year. The crisp, almost sunny skies, great views and the hold off of rain saw the majority of runners braving shorts and vests!

The hard slog of 2.5 miles up to the top of Big End gave a reward - stunning views that certainly weren't on offer on the day of the club christmas trip! But no time for sight seeing up at the front, as Ian Holmes, John Henegan, Rob Hope, Lloyd Taggart and Rob Jebb all fought it out for the crucial points! The good conditions limited the bog and good long stretches of fast running were interspersed with crippling climbs and descents. A great run, brilliantly organised with a good blue and white turn out.

Of the men's race Ian Holmes won in 63.08, followed by John Henegan, 63.39, Rob Hope, 64.01, Lloyd Taggart 64.09 and Rob Jebb (5th) 64.30. Good runs for Bingley men included the peace twins; Andy, 65.56 and Martin, 71.12, Lee Athersmith, 68.42, Andy Nicoll, 72.55, Paul Mitchell 73.47, James Senior, 75.38, Steve Carney, 76.51, Richard Scott, 79.49, Adrian Rushworth, 85.25, Dave Stephenson, 85.36, Philip Knight, 87.54, Adrian Netherwood 89.52, John Egan, 92.58, Simon Wright 95.59, Fred Gibbs, 98.41, Robert Webb, 100.31 and Gordon Kaye, 107.43.

The women's race was won by Philippa Jackson of Kewswick AC in 77.04. Strong runs by Bingley's Kirsten Bailey (83.47, 8th Lady), Ruth Whitehead (90.06 30th lady) and Sharron Smith (91.58 34th lady) ensured good team points followed by Ally Raw (93.29 43rd lady) and Mary Webb (63rd lady, 98.34).

Fantastic cake and tea was scoffed upstairs by those who weren't lucky enough to be downstairs collecting a prize!

Mary Webb

### **28/02/09 - ILKLEY MOOR FELL RACE**

The Ilkley Moor Fell Race on Sunday 22nd Feb saw the Blue and White hoops invading Ilkley with 35 Harriers competing which included 6 youngsters, Harry Colwell in the U8s, Sam Convery who was 2nd in the U12s, Joshua Netherwood in the U12s, Daniel Netherwood in the U10s, James Hall who was 2nd in the U14s, and Nichole Narey in the U14s.

The Seniors competing in a large field of 390 finishers, saw Ian Holmes 1st (&1st O40) in 36:33, Paul Mitchell 14th in 42:22, and Jamie Robinson 20th in 42:49.

Bruce Duncan

### **24/02/09 CLUB RECORD FOR SARAH BENSON**

Sarah smashed her own club record for the Shot, set at 10.97m last year, by almost 1m with a throw of 11.82m. Congratulations Sarah

▶ [See all the club records here](#)

### **24/02/09 NATIONAL XC CHAMPIONSHIPS**

The National Cross country Championships at Parliament Hill on the 21st Feb saw a large contingent of blue and white vests. The Senior Men competing in a field of 1455 saw Alistair Brownlee 93rd in 42:38, Tim Midgley 184th in 44:55, Stewart Macdonald 209th in 45:24, Martin Peace 357th in 47:49, Steve Fry 357th in 47:51, Dave Potter 545th in 50:27. This gave them a team place of 25th out of 112. They were supported by Carey Grey 892nd in 55:42.

The Senior Women competing in a field of 546 saw Victoria Wilkinson 11th in 31:01, Mary Wilkinson 18th in 31:36, Jo Buckley 62nd in 34:12, Bev Whitfield 163rd in 37:21. This gave them a team place of 6th out of 63.

The Junior Men competing in a field of 173 saw Jonathan Brownlee 14th in 36:04 closely followed by Tom Crowley 24th in 36:44. The Junior Women's sole representative was Holly Ramsden 109th in 31:49.

Last but not least our U13 Boys were represented by Tom Potter 106th in 13:23 and Joe Wain 248th in 14:37.

Bruce Duncan

### **24/02/09 NORTHERN VETS CROSS COUNTRY CHAMPIONSHIPS**

On the Sunday following the Yorkshire vets XC championships Mike Smith and Fred Gibbs decided to torture their bodies further by attending the above race.

Fred had a real battle on his hands and finished in the same time as the winner in the 0/70s but was awarded 2nd place.

Mike Smith went one better and won the 0/65s with an incredible 9 minutes in front of the next 0/65 runner.

Adrian Rushworth

### **24/02/09 YORKSHIRE VETERANS CROSS COUNTRY CHAMPIONSHIPS.**

14/02/09 at York.

Very good performances from our athletes.

Women 035-44)

Sarah Jarvis was awesome in her race (035-44) winning by over 90 seconds; she was not eligible to count towards the team prize (that's in March)

The other ladies rallied for a good performance of 4th team with Sharon Smith, Ruth Whitehead and Marisol Carrera.

Women 045+

A very credible performance saw a win for our team in this category.

Sue Becconsall ran her socks off to win the over 45s, Andrea Dennison was 2nd.

Mary Green was the teams 3rd counter with her strong run which saw her also win the over 50s title.

Men 035-39

Richard Harris ran a stonker coming in 2nd place

Men 040-49

Stewart Macdonald came in silver medal position (0/40)

John Convery not willing to be beaten matched Stuart to also gain a silver (045)

These two stalwarts led the charge along with Steve Fry and Dave Potter to win the 040-49 team

Men 050-59

A hard fought race which saw the men come in 7th team

Men 060-69

The team was silver medal winners with Neil Robson, Mike Smith and Bobby Dover.

Mike Smith also became the winner of the 0/65 title with Bob Dover in 2nd place.

Men's 0-70

This team title has never been in existence until Saturday.

Fred Gibbs won the race; new recruit George Perkins was 2nd following a sprint finish. The team was backed up by a battling performance from John Smithurst.

It was an absolute pleasure to be a small part of Bingley Harriers. Thank you to all for turning out in sloppy conditions and giving it your all.

May I also thank you all for working together in your assistance of Ruth Whitehead. She unfortunately suffered an asthma attack after the first 250 meters, but such is her determination, she continued to the end to ensure the team registered a placing.

Ruth has made a good recovery and is grateful if not humbled by the fantastic support by you all.

[Results are here](#)

Many thanks

Adrian Rushworth

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### **17/02/09 - ROB JEBB EQUALS RECORD IN CARNETHY 5**

Rob Jebb was our sole rep at the Carnethy 5 on the 14th Feb. Rob headed a field of a record 499 finishers and became the 2nd man to win four time in the events 39 year history.

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### **09/02/09 - CLUB RECORD FOR SARAH JARVIS**

New signing Sarah Jarvis has shaved nearly a minute off the club record for the Half Marathon, setting a new time of 1h 16m 57s at the Brass Monkey Half Marathon

► [See all the club records here](#)

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### **02/02/09 ATHLETIC UK RANKINGS 2008**

We are proud to present the following vets positions for 2008,

Well done to all.

#### **Mike Smith v65**

1st 800 indoors

1st 800 outdoors

1st 1500

3rd 3000

2nd 5000

2nd 10000

1st 5k

1st 10k

#### **Fred Gibbs v65(he was 69)**

3rd 3000 indoors

6th 3000 outdoors

#### **Les Haynes v65**

1st 10k

4th 5k

4th 10 miles

#### **Jonathan Cordingley v50**

1st 5k

2nd 5mile

2nd 10k

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### **29/01/09 NORTH OF ENGLAND CROSS COUNTRY CHAMPIONSHIPS**

Sherdley Park St Helens played host to this years North of England cross country championships, the muddy nature of the course was always going to prove very difficult, but Bingley had some fine performances, even though we were a bit thin on the ground due to injury and illness.

It was the two Bingley junior men who really shone through with Jonathan Brownlee claiming the bronze medal in 25.26. Less than a minute behind Jonathan was Tom Crowley who had a super run to finish ninth in 26.12.

In the senior race Alistair Brownlee once again showed his strength with a fine 10th position (36.00). John Convery ran a much improved race for 59th (39.10), getting the better of Lee Athersmith in 70th (39.37). Next came Tim Midgely in 79th (40.01), the Aidan Johnson just missing the top one hundred in 107th (40.55). Bringing the team home for 11th place was Dave Potter in 230th (44.39). The two other Bingley Harriers to make the trip were Neil Robson 356th (48.00) and Fred Gibbs 489th (52.51)

Stewart MacDonald

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### **25/01/09 GOLD FOR JONNY BROWNLEE DOWN UNDER**

Bingley Harrier Jonny Brownlee won gold in the individual Triathlon, at the Australian Youth Olympic Festival in January.

John was leading after the 750m swim and stayed with the leading pack in the 20km cycle stage. He then pulled away during the 5km run to finish first.

Jonny also had the fastest individual split in the team event, in which the GB Boys came fifth. GB Girls team won the bronze medal behind Australia Gold and Green team. The girls team included Sophie Coleman who won silver in the individual girls event.

Gordon Kaye

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### **25/01/09 BRASS MONKEY HALF MARATHON, SUN 18 JAN 2009**

The predicted hail showers and gale force winds failed to materialise, so runners were relatively grateful for only having to cope with a fairly moderate headwind on the outward part of this lollipop course. Seven Bingley Harriers completed the race, with Sarah Jarvis

leading the club home in a PB by over four minutes in only her third half-marathon. Her time was a new Ladies' club record and earned her second place on the day. New member Marc Teasey knocked 5 minutes off his best time in only his second ever half-marathon. Lisa and Pauline were also in the prizes and dominated the LV40 category with a 1-2 finish. The times below are chip times, rather than run times.

(1 Matthew Pierson, Holmfirth Harriers, 66.34)  
 (17 Kim Fawke, Telford AC, 76.19)  
 20 Sarah Jarvis 76.56 (PB, new club record, 2nd Lady)  
 55 Marc Teasey 81.02 (PB)  
 82 Lisa Mawer 82.56 (5th Lady, 1st LV40)  
 123 Pauline Munro 85.59 (2nd LV40)  
 514 Oliver Downing 101.29  
 752 Michael Long 110.26  
 1272 Sue Whiteley 157.52

Marc Teasey

### **25/01/09 - 2009 CHEVIN CHASE**

A cold dry day saw Alistair and Jonathan Brownlee take first (37.19) and second (38.22) places in the Boxing Day Chevin Chase with over 830 runners. Pauline Munro (63rd, 48.00) and Helen Livingston (126th, 50.25) picked up 3rd places in Female Open and Senior classes. Mary Green (152nd, 51.31) and Jenny Vesey (409th, 1.01.28) were first in the Female Vet and Super Vet categories. Martin Peace (10th, 42.23) was third Male Senior. Paul Mitchell (23rd, 44.53) and Dave Stephenson (60th, 47.54) were well placed in the first 100. Bingley, with 23 runners out, were well represented throughout the rest of the field, some in blue and white and some in fancy dress parading as one on the many Santas, fairies, reindeer and others too numerous to mention. The Vesey's fielded a family team of 4 with Michelle and Christine joining Dick and Jenny for a Boxing day freshen up and I was pushed all the

way round by shouts of 'Come on Rudolph' aimed at the reindeer behind me! There was a fantastic atmosphere on the run and hundreds of people watching at key vantage points and especially on the top of the Chevin enjoying the holiday, the event and the fancy dress. I can fully recommend the event (a fully marshalled road and trail race and enough runners that getting lost is not an issue!) to burn off some of the Christmas indulgences. It is a very popular event and pre-entry is necessary some months before. Becky Weight

### **25/01/09 BRADFORD SCHOOLS CHAMPIONSHIPS**

The Bradford schools championships were held on 14th January. We congratulate the following on being selected for the Bradford team to take part in the West Yorkshire Championships:

JG Natalie Brown (2nd) ; Jenna Killock (3rd) ; Nicole Narey (12th)  
 JB Thomas Potter (2nd) ; James Hall (3rd) ; Joe Wain (8th)  
 IB Ben Marriott (3rd)  
 SG Holly Craig (3rd) ; Eleanor Ainscoe (5th)  
 SB Thomas Crowley (1st) ; Matthew Coffey (7th)

Other positions were :

Yr7G Lizzie Ayre (3rd) ; Olivia Coffey (27th)  
 Yr7B George Bairstow (7th)  
 JB James Wilson (14th) ; Gordon Weight (15th) ; Edward Brownlee (23rd)

### **25/01/09 YORKSHIRE CROSS COUNTRY CHAMPIONSHIPS 2009**

A small group of young Harriers took part in the Yorkshire Championships at Rotherham on Saturday January 10. Carly Robertson was our most successful girl, finishing really strongly to secure 4th place in the U17 race and earning selection for the Yorkshire team. Natalie Brown was 30th in the U13 race, Jenna Killock 31st in the U15s, and Holly Craig 20th in the U17s. For the boys, Thomas Crowley, in his first year as a Junior, finished in an outstanding 2nd place, and James Hall gained selection for the U13 team with a splendid 7th position. Teamwise, the U13 Boys performed admirably, winning the Bronze medals and, in the process, defeating Wakefield, the winners of the West Yorkshire League in this age-group. In addition to James Hall in 7th, we had Thomas Potter in 14th place, Sam Convery 25th, Joe Wain 34th, and George Bairstow 49th.

### **17/01/09 YORKSHIRE CROSS COUNTRY CHAMPIONSHIPS**

Sub zero temperatures greeted us all at Rotherhams Winterhills School for this years Yorkshire cross country champs. The conditions underfoot were treacherous, with the ground so hard it barely took a spike. The standard of competition this year was very good, so it was always going to be hard for Alistair to retain his title, but he gave it a good go and came away with the bronze medal and the chance to represent Yorkshire in the inter counties cross country. Alistair was backed up in the team event with some good Bingley performances, Ian Holmes survived a tumble to finish 14th. Lee Athersmith recorded his highest ever Yorkshire finish with 24th, and new signing Richard Harris picked up a well deserved team medal on home ground, finishing 33rd. This was Richards first cross country for Bingley and a great achievement when you consider he has been injured since September.

Those solid performances gave us the silver medal once again behind holders Leeds City, with Hallamshire back in third.

In the junior race we had another great performance from Tom Crowley, picking up the silver medal, and a place in the inter counties team.

3rd. A. Brownlee 33.07  
 14th. I. Holmes 34.16  
 24th. L. Athersmith 35.24  
 29th. S. MacDonald 35.47  
 33rd. R. Harris 36.05  
 35th. T. Midgely 36.16

Other Bingley Runners

40th. M. Peace 36.41  
45th. J. Convery 36.58  
46th. A. Johnson 37.01  
157th. N. Robson 44.21  
171st. F. Gibbs 46.10  
178th. B. Dover 46.42

Stewart MacDonald

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