



# Bingley Harriers News


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## 14/07/12 PARK RUN SUCCESS

Michelle Woodrow was first lady at the Bradford park run in a time of 22.03 and 19th out of 193 runners, Simon Johnson was 4th and 1st SM45 his time of 17.41 would have won the race more than not this year, but the quality as well as the number of runners at this 5k event as got better, next came Daniel Smithurst in 9th and 1st JM14 in a Bradford park PB time of 20.39, Adam Rhodes came 13th his time was 21.20, Bryan Parkinson was 15th 1st VM60 in 21.37, new Bingley runner Cameron Smithurst was 28th 3rd JM14 in his first 5K his time was 22.53, Sarah Dewhirst was 1st JW15 60th place here time was 25.21, and Joshua Rhodes JM14 rec a time of 30.11.

## 14/06/12 ADDINGHAM GALA

7 harriers competed in the Addingham Gala race on Saturday, which crosses the river Wharfe before climbing via very boggy fields and tracks to the stony summit of Beamsley Beacon. It completes a small loop of the moor before returning via the outward route. The weather was kind with sun and a blustery wind, although it was wet underfoot after all the recent rains. An excellent overall race win and vet 40 points for recent recruit Chris Smales with Harry Atkinson and Sheila Witham taking the vet 50 and ladies points respectively. Pete Jagan leads the vet 50 and overall position, Neil Barrett the vet 40s and Sharon Taylor the ladies. Results on Ilkley Harriers website and pictures on Woodentops. Next race in the championship is Borrowdale in early August.

## 17/06/12 BRITISH VET CHAMPS BMAF 5K HORWICH

Yes we can say that our fab 4 of Steve Bailey 13th 16.45, new recruit Chris Smale 14th 16.47, Stewart Macdonald 15th 16.49 and Simon Johnson 18th 16.58 became British Team Champions this year with the first V35 team. A splendid performance on a quite testing course and into the wind on several occasions. Chris, Stewart and Simon all dropped down from their V45 category to complete a team 10 years younger.

Steve Bailey was 3rd BRONZE overall V35. Chris, Stewart and Simon were 5th, 6th and 7th respectively in the V45. Not to be outshone the V60's Team of Gerry Bell, Neil Robson and Les Haynes also won TEAM GOLD in the 60-69 category, with times of 19.46, 21.18 & 22.38 respectively. WELL DONE.

Gallant George Buckley was 3rd - BRONZE in the V70 21.41 followed home by ever reliable John Smithurst in 8th 23.31. In the V55 category fine performances by 6th Peter Pyrah 18.29 and 7th Shaun Jordan 18.45 were displayed on this tough 3 lap town centre course.

And congratulations to our one and only lady runner for the day Anne Buckley who finished with a SILVER 2nd in a time of 18.52 V40 behind Bev Jenkins from Salford. Anne was also photographer for the day at the presentations. Photos will be passed on.

## 10/07/12 EUROPEAN MOUNTAIN RUNNING CHAMPIONSHIPS

GB's senior ladies team won gold at the European Mountain Running Championships in Turkey over the weekend and were lead home by Bingley runners Mary Wilkinson and Emma Clayton. Mary and Emma lead the field at the end of the first lap with each athlete holding the lead at some point of the race. Having moved back in the field after the second climb, Mary and Emma used their strong descents to secure a 4th and 6th place finishes respectively with Mary just 3 seconds off a bronze medal.





Ste Moran

► [Video](#)

## **02/07/12 - YORKSHIRE VETS AA GRAND PRIX NO.6 MEANWOOD**

**TUE 26 JUNE**

The event was hosted by Valley Striders and based at their HQ in the Meanwood Valley of Leeds. The course had changed from last year's 3 smaller laps to 2 larger laps of the hilly woods and fields.

209 runners started with a charge across the rugby fields in very humid, drizzly conditions. There were patches of deep mud in places, and it was a good course for off-road runners.

I was surprised to be the only Bingley runner and I struggled on the descents due to the fine rain on my glasses, which misted-up at times. That's my excuse for finishing 3rd M65 in 41m-46s.

The race winners were predictably David Watson M40, Holmfirth (28m-20) and Margaret Sykes F40, Holmfirth (34m-16)

I can understand why the top class vets in their age group may not wish to compete in many of these races, because they will have higher profile races to focus on, but for others below that standard, these races provide good competition locally at a bargain price! They attract a wide variety of abilities from social joggers to very good athletes in their age group such as :

Amanda Zito Stainland F45 (35m-41) John Ewart Holmfirth M55 (31m-35)

Lesley Ewart Holmfirth F55 (38m-45) Jim Weldon Pudsey P. M60 (35m-13)

Aileen Baldwin Stainland F60 (39m-00) Chris Gill St Theresa's M65 (34m-31)

Pauline Hardman St Theresa's F65 (57m-24) Tim Cock Holmfirth M70 (42m-50)

Hilary Wharam Horsforth F70 (67m-21)

The examples are from this race and their times are shown in brackets.

It would be good to see some more blue & white at the GP7 at Crossgates on Sunday 29 July.

Peter Ellerton

## **02/07/12 - ELDWICK GALA JUNIOR RACE**

Despite the English summer weather trying its best to wash us away, nothing could dampen the spirits of our junior fell runners at the Eldwick Gala race. Results of the junior 1 mile race are shown below. We also had a good number of juniors (Under 14 and up) who were brave enough to tackle the senior course - results for that race to follow.

Very well done to all runners and many thanks to the parents, marshals, timekeepers and number taker that made the race possible.

Andy Nicoll

Junior Fell Manager

► [Results](#)

## **02/07/12 - ST IVES TRAIL RACE**

► [Results \(pdf\)](#)

## **28/06/12 PB AT THE PARK**

Heather Pearson and Phil Hawkwell recorded pb on Saturday at the Bradford park run, and sb for Peter Ellerton in a time of 23.05, all three are part of the regulars who attend the Thursday night session on the 300mtr grass track at Beckfoot School 7 to 8pm.

The weather on Thursday did not put out of the ten who battled torrential rain in their quest for pb's.

John Smithurst

## **28/06/12 BINGLEY HARRIETS WEEK 5**

St Ives Trail Race and a torrential downpour adventure

Bingley Harriers had an eventful and high performance week. 11 Harriets enjoyed the inaugural 2.5m Bingley Harriets Loop, including climbing to the top of the St Ives Estate, at the sunny St Ives Trail Race for Riding for the Disabled on Tue 19th April. This was a great achievement. For some ladies their longest single running session had been a flat 15 minutes in the middle of Wk 4 (only last week!) of the Bingley Harriets 6 week beginners running course. Everyone finished between 26 and 36 minutes and many managed to run all the way round even on the hills. Our leading Harriet was Jenny Findley who had actually done the Park Run on Saturday so was really packing in some quality work in her Wk 4.





For the Wk 5 session we had a 'downpour adventure'. Around 25 Harriets and helpers had gathered in gap in the rain and were ready for Wk 5 – 26 mins running in total with a 20 min run in the middle. A torrential downpour started but, as we had all put our hour aside, not going was not an option. Most of us were drenched within a few minutes but fortunately it was not too cold or windy. Nevertheless, after our 5 min brisk warm up walk, many were more than ready to run. We headed down the canal to Roberts Park picking up parts of the Bingley Harriers 5k route, with the path reduced to a series of small islands scattered along an almost continuous puddle. The rain eased after about 20 minutes and allowed us to be simply soaking rather than dripping. Heading back along the canal, having completed our planned intervals, many were happy to put an extra run interval in to help keep warm. Lots of chatting and smiling as we did our brisk warm down walk back from the Fishermans. Roll on Week 6.

Becky Weight

Photos courtesy of Eileen Woodhead / Woodentops

## **23/06/12 - BRITISH VETS CHAMPIONS**

### **BMAF 5K Horwich 17th June**

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Simon Johnson

► [View All the club team titles](#)

## **23/06/12 YVAA GP5 PUDSEY**

**12/06/2012**

Yorkshire Vets fifth Grand Prix was hosted by Pudsey Pacers, with race HQ at the Bankhouse Inn which has a large beer garden with great views over the wooded valley near Fulneck. It was cold for June, but the rain held off.

211 runners finished a testing course starting with a charge along a muddy & manured farmtrack followed by 2 laps of a hilly circuit around Black Carr Woods, negotiating thick mud in parts, numerous stream crossings and some stone surfaced paths. The final

tester was a steep climb up a rough track to a 100m flat sprint finish. 7.5Km / 4.6 miles total.

I had a memorable run, charging through a deep pool on the second lap which other runners seemed to be pussey-footing around. It was slippery clay under the water and I performed a spectacular belly-flop into the stinking muddy water, followed by rousing cheers from the runners behind. No real harm done, I was able to stand up and continue, but crossed the finish looking more like a mud wrestler than a runner. A jog back down to the stream was needed to wash off the worst of the gunge from my arms & legs - good job I had a change of clothes!

No Bingley ladies ran, but again the event clashed with the Club 5K series.

Holmfirth had the winning duo with 1st David Watson M40 (28m-34) and first lady Margaret Sykes F40 (34m-37)

Four Bingley Harriers competed amongst the 129 men -

70th Peter Ellerton 41m-05 3rd M65

80th Peter Covey 42m-38 2nd M70

87th Dave Barber 43m-23 3rd M70

97th John Firth 45m-44 4th M70

Food was provided by the Bankhouse pub (funded from the race fee I guess) and they did a great job catering for 200+ hungry runners

The next Grand Prix is at Meanwood, hosts Valley Striders and based from their clubhouse. Tuesday 26 June. A 3 lap hilly woodland course if I remember correctly from last year.

There will be 9 Grand Prix this year, with the best 7 results used to decide age category rankings. Anyone completing ONE event is eligible to attend the YVAA annual dinner at a well discounted price. The age category awards are presented at the dinner and anyone

completing ALL events in the year gets a prize.  
Peter Ellerton

### **23/06/12 OTLEY CHEVIN FELL RACE**

Wednesday evening 6 June was warm and the light rain cleared just as the race started. It must be 25 years since I last ran this race and I was not prepared for the steepness of the tarmac climb in the early stages or the seemingly endless steps to reach the paths of the upper Chevin. Descent through the woods was tricky and muddy, but that did not stop some ace descenders making maximum use of gravity! Coming down that extreme incline tarmac seemed harder than going up and it was good to reach the flatter final stages.

98 runners finished, led home by Tom Adams of Ilkley in 17m-38. First lady was 16th placed Clare Green, Pudsey & Bramley in 21-37.

Four Harriers took part -

Harry Atkinson 47th 24m-52 4th M55

Peter Ellerton 63rd 26m-30 2nd M65

Sheila Witham 90th 31m-45 2nd F45

Sally Robinson 92nd 34m-04 4th F40

Peter Ellerton.

### **12/06/12 BRADFORD MILLENNIUM WAY RELAY**

The Bradford millennium way relay was won convincingly by Bingley men's team.

Bingley stretched out a 35min lead over the 50 mile, and 5 legs.

Although we missed breaking our own course record by 4 mins all the team ran strongly and posted fastest leg times on legs 2,3,5 and second fastest on legs 1,4 with Jamie Robinson and Ste Bailey breaking the leg record on leg 3.

The men's A team were well supported by a strong B team, with over 20 bingley men putting their names forward to run this event.

This even caused a few team selection problems which is very encouraging to see.

We also had a ladies team present who finished 5th ladies team overall.

The next Men's relay event is Ian Hodgson Mountain relay in October, entries open soon so please start putting your names forward.

Many Thanks

Andy Jebb.

### **11/06/12 - CLUB HAMMER RECORD SMASHED**

Twice within a month Jessica Mayho has extended the club hammer record by over 3m, whilst still an under 20 athlete.

On 6th May at the BUCS Championships - Olympic Park Jessica threw 51.81. Then on 2nd June at the England Closed Championships she extended the record further still to 53.32.

► [View All the club records](#)

### **11/06/12 - ANOTHER RECORD FOR EMMA**

At the BMC Nike Grand Prix in Watford On Saturday 9th June Emma Clayton ran her first 5000m and with it a new Bingley Harriers club record of 16:37.27, taking over 3 seconds off the previous record.

► [View All the club records](#)

### **06/06/12 - JUBILEE TRAIL RACE**

The sun shone on the Ilkley Jubilee Trail race (6.9m, 700' ascent) and Sunday's rain had drained away. 4 Bingley Harriers joined the 219 on the start line and the Ilkley Town Crier made a great job of starting the race - everyone could hear him. The course is very runnable, open, and fast. It starts up the road at the back of the swimming pool and then cuts back across Middleton Woods, climbing steadily across a number of fields and tracks before taking a loop around Middleton Moor, and heading back down the same way.

Tom Adams (Ilkley), the 2011 record holder in 39.31, kept his winning ways in 40.09 while Lucy Thompson (Stainland Lions) was first lady (49.47). For Bingley Eleanor Kitchen, just back from university, was 38th overall and 5th lady in 52.19. Mary Green was 59th and 1st FV50 in 55.11, Becky Weight was 75th, 3rd FV50 in 56.46 and Peter Ellerton was 89th and 2nd MV65 in 58.13. All finishers took home a commemorative Ilkley Trail Race Jubilee mug.

The Junior races were a bonus race in the 2012 Bingley Harriers Sportshoes Unlimited Junior Fell Championship. In the 8-13 race there were great runs from Abigail White (1st girl), Lucy Shutt (3rd girl) Alex Stewart (2nd boy) and Joseph Carnelly (5th boy). In the 14-18 race Gordon Weight won and Max Nicoll gaining some great bonus points for his championship bid. No doubt you will hear more from the Andy Nicoll the junior fell team manager. The two Johnson boys James and Harry (with dad Simon Johnson our Mens Vets Team Manager) had fantastic runs with James coming first in the U8's and Harry 3rd in the 8-13's race. They would be a great addition to the Bingley Juniors.

Becky Weight

### **06/06/12 - EMMA CLAYTON**

Recent results

#### **May 17th 2012**

Emma came 2nd, behind former World Champion Valentina Belotti, in the first WMRA Grand Prix at Grand Ballon, France.

<http://www.mudswatandtears.co.uk/>

#### **May 29th 2012**

On another trip over the Pennines to the Trafford open meeting, Emma once again lowered her PB and the Bingley club record for 3000m as she ran 9min 24.7seconds.

#### **June 2nd 2012**

Mary Wilkinson and Emma Clayton dominated the European Mountain Running Trials, battling it out until the end with only 4 seconds separating Mary 1st and Emma 2nd over the 7.6km course. Both women will now travel to Turkey to compete for Great Britain at the beginning of July.

## **06/06/12 - BOB GRAHAM ROUND**

On Saturday 2nd June Steve Fry had a crack at the legendary Bob Graham Round (BG) in the Lake District.

The BG is a circuit of around 72 miles that takes in 42 mountain summits and must be completed within 24 hours to allow the athlete entrance into the Bob Graham Club.

I can tell you from first hand experience that it is NOT easy. The course itself is incredibly challenging but then added to that is the unpredictable weather and the route finding in addition to the logistical aspect of ensuring you have food and supporters positioned around the lake district to help your passage.

Steve decided on a 12 midnight start on Friday night and went in a clockwise direction. The weather gods were certainly smiling and a clear moonlit night was followed by a sunny clear day with little wind and absolutely no rain (almost unheard of for a BG attempt!) I was supporting Steve over the last two legs (4 & 5) which meant picking him up at Wasdale car park and taking him up and over Yewbarrow, Red Pike, Steeple, Pillar, Kirk Fell, Great Gable, Green Gable, Brandreth, Grey Knotts, Dale Head, Hindscarth and finally Robinson before returning to the Moot Hall in Keswick - easy if you say it quick.

When Robin and Tom brought him off Scafell and delivered him to Wasdale he was tired and had lost a lot of time over leg 3 meaning that we had some work to do over 4 & 5 if he were to be successful. Unfortunately, leg 4 starts with a MASSIVE climb up Yewbarrow and it was clear to both me and Andy (his other 4 / 5 pacer) that Steve was far from at his best.... We lost more time against the schedule up Yewbarrow and again the climb up Red Pike was painfully slow meaning we were now well behind a 24 hour schedule.

As we approached Steeple Steve began to rally a little but when I looked to my right at the mountains we still had to climb I couldn't help feeling that a successful round was still a LONG way off. Over Steeple and on to Pillar and at least Steve was now jogging upright rather than ambling along like a Neanderthal with his knuckles and his tongue trailing on the ground....

Kerry and Rick met us at Black Sail pass to refill bottles and offer grub and then we headed up Kirk Fell which is a tough climb whichever route you take. All the time Steve was improving but then as we started to climb Great Gable he had another wobble and I could feel the watch on my wrist speeding up again!

It was cold and claggy on the summit of Gable but the changeover to leg 5 was now almost in sight and we made good progress over Green Gable, Brandreth and Grey Knotts before plunging down to the Honnister slate mine carpark where Steve's family were waiting and Robin was on hand with liquid and nosh. No stopping for pleasantries, Steve went straight through and started the long climb up Dale Head with Andy whilst I re-filled the bag with drinks and food before chasing after them. It took me quite a while to catch them up Dale Head which I took as a good sign as it meant Steve was moving well - with the scent of the finish and victory in his nostrils.

We checked in at the summit and due to the improved pace and no stop at Honnister we were now 10 minutes back inside 24 hour pace. This (and two Ibuprofen tablets) really cheered Steve up and we dashed off the top to bag Hindscarth and then on to the last climb up Robinson. By now we were a good 15-20 in hand so a quick photo on the top of the last peak was in order.

A quick plunge down the mountain to Newlands brought us to the road where a 4 mile tarmac blast was waiting for us to get Steve back to the start. Steve's always been a bit of a closet road runner so when mountain turned to tar he was in his element and the pace picked up significantly. We even managed to haul in another BG runner and his team who'd had a massive lead on us earlier in the day.

As we neared Keswick, we quickly re-located from silent, dark, beautiful mountain scenery to a bright, loud high street buzzing with drunken revellers many of whom were decked out in fancy dress for some reason. Although Keswick is one of Britain's outdoor capitals, we looked quite out of place dressed in running gear and head-torches - a Roman soldier's outfit or a nun's wimple would have been far more inconspicuous....I kid you not!

At 24 minutes to midnight Steve hit the doors of the Moot Hall to mark a succesful end to his BG and another epic day in the hills. Once again we proved to ourseleves that when all seems lost, if you push on, dig deep and refuse to give up, you can achieve the (almost) impossible!

Well done Steve Fry - BG Club Member.

## **06/06/12 YVAA GRAND PRIX SERIES**

**May 29th 2012**

There were 176 starters and 175 finishers for this the fourth in this year's YVAA Grand Prix series. The weather was superb, conditions underfoot dry so that the wood and glen sections did not have the added hazard of being slippery. Nonetheless the recent warm weather had baked the ground and some parts of the course were quite dangerous with ankle turning ruts being hidden by lush long grass - a particular hazard in the finishing downhill stretch. Keith Jones, who flagged and marshalled the field section in Milner Field Farm, wisely flagged the route as directly as possible off farm land rutted by horses' hooves to the metalled path leading to South Lodge.

The course direction was slightly different this year, the river and canal towpath section being run first and the more difficult glen woods section second. The arrangement seemed to meet with general approval from runners, most finding that the faster river and canal section sorted the field out and avoided bottlenecks on the narrow woodland path.

Thankfully, there were no serious injuries only the usual crop of minor cuts and abrasions dealt with expertly and swiftly by the St John Ambulance team of four, two of whom stationed themselves in the glen woods, the most hazardous section of the course. That section of the course perhaps makes some veteran runners think twice about entering the race and an alternative route which keeps to tracks and avoids the woodland section is being considered for the race next year in the hope that an easier course will attract more entries.

The Bradford and District Sports Club provides an excellent venue and the manager, Kathy Green, deserves thanks for her...

The Bradford and Bingley Sports Club provides an excellent venue and the manager, Kathy Crossan, deserves thanks for her very efficient and helpful administration. There is plenty of car parking space, a superb room for registration, results and presentations; and an excellent bar with tea, coffee, hot pie and peas and chips available. Pre race information failed to make clear to runners that food was NOT included in the £3.00 entry fee for the race but at £3.50 for a generous helping of pie, peas and chips ((£2.50 without the chips) there should have been no grumbles. Next year's race information will make the food pricing clear.

Bingley Harriers & A.C had few representatives in the race, most of those who might have entered helping round the course. Steven Carney was the first Bingley (M35 category) runner, in 4th position overall. He was also first M35 out of the 16 runners in this category. Stuart Thompson (M60 category) came 70th 3rd runner of the 12 in this category. John Firth (M70) 87th position and 2nd M70 of the 6 runners in this category; and Peter Ellerton (M65 ) 89th and 1st in the 3 runners in the M65 category The race was won by Josh Whiteley, Stainland RC, running as a guest in a time of 34:59; Darren Burnley (Pudsey Pacers) was second in a time of 35:16; Chris Williams (Queensbury) was third. There were no Bingley women veteran runners.

There were runners from 23 Yorkshire clubs: Horsforth (36), Stainland (24) Pudsey Pacers (19), Pudsey and Bramley (15), Kirkstall (11), Eccleshill (11), Airedale Athletics (9), Queensbury (5), Holmfirth (5), Spenborough (5), Rothwell (5), St Theresa's (5), Hyde Park (5); Bingley, (4), Knavesmire (4), Abbey Runners (3), Valley Striders (2), Wakefield (2), Ilkley, Keighley, Leeds City, Horsforth Fell, Idle all with 1 entrant. Total entry of 175 made up of 58 women; and 117 men of whom 6 were guests.

No race can take place, let alone be successful, without a team of dedicated volunteers. It is one of Bingley Harriers & A.C.'s strengths that race organisers can call on members to help and will be assured of a positive and timely response. I would like to thank all those who helped to make the event a success. And I would like to thank them by name

Thanks to:-

Ian Goodyear for his car parking and people managing skills and for marshalling the boathouse turn; Robert Adamson for help in the car park and for dispensing water to the thirsty finishers and for helping to dismantle the course as the midges and May flies

gathered in the growing gloom. Graham Smith who as course referee checked the course and gave valuable advice before the race day; and then on the day of the event marshalled the gateway to the Milner steppes and then ran down to take the numbers in the finishing funnel; Keith Jones for his contacting Mr Downes, the owner of Milnerfield Farm, and for flagging out the route over the Milner farm steppes and dealing with the wild horses thereon; and particular thanks for his initiative in routing the course away from the rutted ground. Dave Shaw (Baildon Runners) for his calm and efficient marshalling at the busy South Lodge junction where runners pass three times. Dave Weatherhead and Barbara Carney for their patience and endurance guiding runners at the not very romantic kissing gate until well after sunset. Mike Smith the Younger and Shaun Jordan for keeping runners on the straight and narrow path down the glen and preventing them from straying on to the broad and inviting Glen Road; Dave and Doreen Anderson for guiding runners through the quarry area, Sally Robinson for making sure the runners got out of the woods and to the quarry area safely; Chris Foster (a former Bingley Harrier), Marshal of the Glen and Lord of Plod Lane, for spending two hours on race day flagging the glen woods and glen loop, for marshalling the descent into the glen woods and for almost preventing wild children from uprooting the flags he had so carefully set out a few hours earlier. And for his help the next day in collecting the remnants of tape which still fluttered in trees and bushes around the glen. Susan Foster for keeping an eye on Chris to make sure his concentration did not waver; Mike Smith the Elder and wife Susan for standing in the gloom and shade of the glen woods until midges drove them from their posts; Bruce Duncan and Fred Gibbs for marshalling and Fred's help with dismantling the course. Sheila Witham and Gerry Bell who made sure all runners did not cross their bridges until they came to them. Richard Kerwin for marshalling at the stile at Hirst Locks; Tony Pickles for his reliable timekeeping which as usual went like clockwork; and for his help in setting up and dismantling the start/ finish funnel. John Capenerhurst, water carrier, fence remover and restorer, putter up and taker down of signs, finish funnel helper and general tidying up person.

And to: Kathy Crossan and the staff at Bradford and Bingley Sports Club for their hard work; St John Ambulance personnel for their skills; YVAA members Rob Kersey and Tim Cock for their work with the results and presentations.

And a big thank you to Mr Downes, the owner of Milner Field Farm who allows Bingley Harriers to use his land without charge for the evening.

If I have missed anybody from the list then please accept that my sin of omission does not devalue the thanks due to any person not named.

John Smithurst

### **06/06/12 YVAA GRAND PRIX 3 AT KIRKSTALL** **May 22nd 2012**

The series started early this year and it seemed an eternity from No.2 at Otley on 4 March. Tuesday 22 May was a warm sunny evening, attracting a record 316 runners to this Kirkstall Abbey event hosted by Kirkstall Harriers. The course took us from a tarmac loop around the Abbey, road section towards Horsforth, riverside and canal towpath to Rodley. Short road section and footpaths returned to bridge over canal, back to riverside and retrace route to finish.

There were huge gangs of Kirkstall & Horsforth club runners, but Bingley were very low profile, perhaps due to the first Club 5K on the same evening. No Bingley ladies took part. Holmfirth provided first places with David Watson M40 in 32m-42s and Margaret Sykes F40 in 38m-33s. Dave Barber put in a good effort to take 2nd M70 in 46m-41 and Peter Ellerton got 2nd M65 in 46m-56. The standard of the top "golden oldies" is awesome - Chris Gill M65 St Therasas finished in 45th place in 40m-22 and Malcolm Coles, M70 Valley Striders was 89th with 45m-02.

With a £3.50 entrance fee, prizes for all Vets age groups, good organisation, fast processing of results and frequently free food available, it's hardly surprising that these events are so popular.

Peter Ellerton

### **30/05/12 BUPA 10K ROAD CHAMPIONSHIP**

Well done to our men in the BUPA 10K Road Championship on a very hot Sunday in London, Steve Bailey was our 1st counter in a time of 34.03, followed by Simon Johnson 36.16, and well supported by Paul Tiffany with a time of 38.30, putting them in 35th place.

John Smithurst

Simon Johnson

### **30/05/12 BMAF RELAYS @ SUTTON PARK**

#### **Birmingham 12th May**

Despite having several teams in every age group before the event and having suffered from late drop outs the classy Vets of the V65 age group ran a remarkable 2ND SILVER team medal in the British Champs.

Finishing behind a very solid Oxford City and in front of 3rd Dudley, all 3 teams beating the pre race favourites Stockport. In leg order David Barber ran 21.45 for the 3 mile leg, Fred Gibbs 20.25 and on the final stage Les haynes ran a superb 19.41 to finish 3rd fastest of the day. A great effort from the boys.

Simon Johnson 16.22 and Stewart Macdonald 16.39 ran the first 2 legs of an incomplete V45 team so thank you for them for representing the troops despite having no team.

Pictures and results on the BMAF.org web site

Simon Johnson

### **30/05/12 NORTHERN VETERANS TRACK & FIELD CHAMPS**

#### **Cleckheaton 11th April**

Mike Smith was 1st V65 in the 800m in 2.41 and Pauline Smith F60 ran a double in the 100m\200

6th both times - well done to both.

Northern Vets 10 mile road race 18/3 @ St Annes CHAMPION

Stewart Macdonald won the above event outright in a very good time of 58.14. The conditions were not not favourable for good times because of the weather conditions so well done to Stewart.

John Firth V75 ran a very good 1hr 14mins to finish 11th overall. Excellent John.

Simon Johnson

### **18/05/12 JUNIOR HANDICAP**

29 runners took part in the Junior Handicap held on a 2.6 miles out-and-back course on the Canal. The results were as follows :

1st Jack Smith

2nd Josh Capper

3rd Joseph Jones

Fastest Boys 1.Thomas Potter 15m32

2. Matthew Merrick 16m14

3. Alex Stewart 16m17

Fastest Girls 1.Victoria Merrick 17m56

2. Anna Whitehead 18m42

3. Sarah Dewhirst 19m25

Many thanks to John Capenerhurst and Tony Pickles for their expertise with the timing, and to parents for their support : a very enjoyable event!

Tony Kingham

### **18/05/12 YORKSHIRE TRACK & FIELD CHAMPIONSHIP REPORT 2012**

Bingley Harriers had a very small squad competing at the Yorkshire Track & Field Championships in early May 2012. There were 7 male athletes and 11 female athletes making a total of 18. However the squad may have been small but the medal tally was excellent. We had 4 Champions, 8 Silvers and 3 bronzes. The medallists were;

Champions.

Oliver Robinson Senior Men's 400m Hurdles

Rebekah Tiler U15 Girl's 100m

Jessica Mayho U20 Women's Hammer

Katie James Senior Women's Long Jump

Silver Medallists.

Jacob Gill U15 Boy's High Jump & 80m Hurdles

Demetric Nelson U20 Men's 200m

Larry Animashaun Senior Men's High Jump

Lee Athersmith Senior Men's 3000m Steeple Chase

Harrison Foster Senior Men's 400m

Rebekah Tiler U15 Girl's 200m

Sarah Benson Senior Women's Shot

Bronze Medallists.

Demetric Nelson U20 Men's 100m

Amy Pollard U15 Girl's 200m

Joanne Oates Senior Women's Discus

Christine Oates

Senior Ladies Team Manager



### **18/05/12 2ND JOHN CARR SERIES**

Lee Athersmith lead Bingley to 1st team again this week, rec a great time of 15.54 in 2nd place, followed by Andy Brown in 7th 2nd M40 in a time of 16.10, Simon Johnson was 1st M45 in 11th position with a time of 16.21, John Convery was 1st M50 rec a time of 16.36, Sean Thompson time was 17.56, MY Bingley runner Daniel Smithurst time was 19.36, Gerry Bell came next 1st M60 with a time of 19.56, Les Haynes took the M65 1st with 20.07, George Buckley ran 21.23 to take the 1st M70, Peter Ellerton was 3rd M65 in a time of 22.09, Bingleys other MY runner was Adam Thompson in a time of 25.23, Kerry Gilchrist time was 25.25 and Richard Newman's 26.39.

John Smithurst

### **18/05/12 1ST JOHN CARR SERIES**

The blue and white hoops were out in force at the John Carr 5k which incorporated the Yorkshire Vets Championship, this race every year brings out some of the best road runners in the county, but did not stop Bingley coming 1st team.

Leading us home was Steve Bailey in 4th place in a time of 15.44; Lee Athersmith was next in 8th place in a time of 16.04, followed by Andy Brown 11th with 16.11.

John Convery took the M50 title in 14th with a time of 16.16, Jo Buckley 2nd lady and 1st FV35 time 17.44, one sec behind was Sean Thompson with a PB time of 17.45, John Merrett rec a time of 18.05, Peter Pyrah ran an 18.09, Robert Eccles 18.49.

Gerry Bell was 2nd M60 with a time of 18.55, Andrea Dennison was the 1st FV45 in 19.04, Daniel Smithurst in the under 15 had a PB time of 19.33, Les Haynes came next 2nd M65 19.55, the amazing Fred Gibbs won the M70 with a time of 20.16, followed by George Buckley 2nd M70 in a time of 21 mins, Tony Kingham took the bronze in the M65 race in a time of 21.16, Dave Barber won bronze in the M70 race with a time of 21.31, Peter Ellerton time was 22.48 M65, John Smithurst ran a seasons best 23.16 4th M70, another Bingley under 15th came next with a time of 23.36.

Kathrine Philips ran 23.53, Kerry Gilchrist 24.48 FV40, the improving Richard Newman ran 26.27.

John Smithurst

### **18/05/12 CLUB RECORD FOR EMMA CLAYTON**

At the Trafford Open Meeting on 1st May Emma knocked 5 seconds of the club record 3000m with a time of 9 minutes 28.23s

► [View All the club records](#)

### **29/04/12 LONDON MARATHON**

Fantastic performances at the London Marathon by our Bingley runners, Steve Broadbent taking over 5mins of his 2011 time in a time of 2.39.27, and a pb. Waheed Khan was our next runner home in 3.14.08, Alice Fulton 3.25.20, Henry Fulton 3.41.34, Peter Shoard 4.17.42, Faye Firth 4.43.24.

John Smithurst

### **29/04/12 NORTHERN VETS AND BMAF X COUNTRY CHAMPS**

The Northern Champs were held at Warrington on the 4th March and the race was brilliantly won by Stewart Macdonald with half a

minute to spare on the next runner. Stewart was well supported by the magnificent M65 trio of Les Haynes 15th (1st M65), Mike Smith 16th (2nd M65) and Neil Robson 18th (3rd M65). Well done the lads.

The British Veteran X Country champs were held in Bath on the 25th March. Stewart Macdonald finished a very good 33rd in the race (9th M45). Mike Smith finished 7th M65, Neil Robson 15th M65 and Fred Gibbs finished an excellent 2nd SILVER in the M70 race.

These performances are very noteworthy especially with all the travelling and overnight stays involved.

Well done to all for keeping the blue & white flag flying at National level and doing the club proud.

Roll on the BMAF Relays in May.

Simon Johnson

### **10/04/12 - SALFORD 10K**

Two great performances by our Bingley pair at Salford 10K on the 6th of April, Stewart MacDonald rec a time of 33.50 taking his Vdot up to 63 and the first M45 prize, Bingley took the 2nd M45 with Simon Johnson's 34.37 time, and moving his Vdot up by 3 to 61.

### **10/04/12 - GUISELEY GALLOP**

Steve Broadbent just missed winning the event by a mere 3 secs, his 2nd place time was 35.04 1st M35, Andy Brown was 2nd M40 in a time of 38.30 and 10th out of a field of 445, Ellie Kitchin was next with a time of 47.53, Andrew Hudson 54.40, John Smithurst 1st M70 in a time of 55.39, and Katie Phillips rec a time of 61.09.

### **02/04/12 - MIDGELEY MOOR**

To follow a local or not that is the question?

Two Bingley Harriers, myself and Gordon Kaye joined a field of 130 for this 8km / 381m fell race in the picturesque valleys just to the west of Halifax. A steep start up walled pastures to the open, heathery Midgley Moor then a point to point loop, taking in the high points, with 5 checkpoints. Choices to make – the slightly longer contouring winding paths, or straight over the moor – maybe find a sheep trod or maybe end up heather bashing? Chatting at registration a 'local' advised follow the Calder Valley red and white stripes . "It's one of their local moors and they know all the direct routes". At one of the furthest checkpoints I noticed a red & white striped Calder vest striking off alone and decided to take a punt and follow. It started well and there were a number of 'burnt off' areas that were runnable but he missed the path and we ended up with a stretch of knee high heather before having to run back up to the next checkpoint that everyone else was running down to. Did I gain anything? I have no idea but it got me off the tail of the two guys I had been toggling with for a while. What about some results. This is a Calder Valley Fell Runners stronghold and they were out in force : Karl Grey won in 35.10 with Helen Fines first lady in 43.38, and Sally Newman second in 44.13, and many other CVFR prize winners. I came 77th overall and 7th out of 28 ladies in 55.20 and was awarded 1st FV50 (as the first FV50 Sally was 2nd lady!) Gordon came in 65.43 pleased to be in front of a runner who beat him in earlier outings this year. A friendly and sociable race in a lovely area only 25mins drive from Bingley.

Becky Weight

### **02/04/12 NORTHERN ROAD RELAYS 6 STAGE**

The ladies team finished in 9th place (1.26.54) today at Sefton Park after excellent runs by:

Andrea Dennison (15.05)

Victoria Wilkinson (13.31)

Sue Becconsall (14.37)

Jo Buckley (13.27)

Marisol Carrera Vivar (15.29)

Anne Buckley (14.35)

Many thanks for your efforts and well done.

Sue Cariss

### **02/04/12 BRADFORD 10K**

Lucky 13 harriers completed the Bradford 10k on the 25th of March, after misty weather at the start of the race the sun was shining on the fortunate Bingley runners who took part in this super well organise event.

Our first runner home was Tom Gomersall in 20th place out of a field of 917 in a time of 37.13, followed by Shaun Jordan in 25th position 38.13, and the first vet home at the age of 59, great run Shaun. Adam Worallo back up the Bingley score in 27th place 38.47, next came Waheed Khan who can not stop getting pb since joining the Tuesday night quality sessions his pb time was 39.53. New Bingley recruit Adam Rhodes time was 43.20, Terry Green, 44.54, Wayne King-Farlow 45.03, good runs by our senior members Oliver Downing 46.44 M65 category, John Smithurst 49.25 M70, Amir Zaheer rec a time of 49.53, Phillip Hawkswell 50.39, Katherine Phillips 52.54, and Heather Pearson 69.03.

John Smithurst

### **24/03/12 INTER-COUNTIES CHAMPIONSHIPS**

Birmingham on March 10

Emile Cairess, our only Junior representative at these Championships, produced a fine run to finish 50th. Emile, who was selected for Yorkshire by finishing 6th in the County Championship, was Yorkshire's 2nd counter: well done!

Tony Kingham

### **24/03/12 ENGLISH SCHOOLS CROSS COUNTRY CHAMPIONSHIPS**

Ilton, Somerset on March 17

The Club had two runners taking part in these prestigious championships.

Jenna Killock, in her first-ever representative race, came 286th in the Senior Girls race, and Emile Cairess came 12th in the Junior Boys race, defeating the West Yorkshire champion in the process.

Tony Kingham

### **24/03/12 PECO LEAGUE RACE FIVE**

Danefield on March 11

The last league race again produced some fine performances from our "regulars", with Matthew Merrick maintaining his winning streak in the U13 Bovs.

Lucy Shutt was 4th in the U11 Girls, Victoria Merrick 2nd, Abi White 4th and Anna Whitehead 5th in the U13 Girls. Overall, Lucy was 4th, Victoria 2nd, Abi 5th and Anna 7th, with both Matthew and Emile Caires winning their sections. Very well done to all these athletes: I hope that their results will inspire more of our youngsters to take part in this League next year. Tony Kingham

### **12/03/12 YORKSHIRE VETS GP2 - OTLEY**

Despite Dewsbury 10k and cold, wet conditions 206 Vets competed. Approx 5.8 miles, 2 laps with each lap half on flat tarmac and half on very slippery muddy footpaths. First back was David Watson M40 Holmfirth in 31m-59s. Marisol worked hard for 4th F40 43m-20s. Peter Pyrah ran well to take 2nd M55 in 38-18 and Dave Barber maintained his cracking form to take 1st M70 with 44m-43s. Peter Ellerton made 3rd M65 in 46m-53s. Hosted by Otley AC. With the usual YVAA efficiency, presentation took place just over an hour of winner finishing and results on website Sunday night.

There are also photos on YVAA website, but no good pics of Bingley runners.

### **05/03/12 DEWSBURY 10K**

On Sunday 4th March, Steve Bailey came 15th out of a field of 587, with a impressive time of 33.22. John Convery was 3rd M45 in a time of 34.45, Andrea Dennison came next 2nd F45 in a great time of 40.15, Gerry Bell was 2nd M60 with a 40.36 time, the improving Waheed Khan recorded a time of 40.43, Stuart Thompson time was 41.43, and Oliver Downing took the 1st M65 in a time of 45.21. John Smithurst

### **05/03/12 SATURDAY CLUB**

**Don't just sit and watch Athletics this summer take part!**

We started the Saturday Morning training sessions on Sat 25th February at Beckfoot School (10 to 12 noon)

The sessions are Free, outdoors so be prepared for all weathers and covers Track & Field events such as Sprints, Hurdles, Long Jump, Throws.

The day was very cold and Windy so we were very happy with the 28 youngsters that took part. The sessions were geared for new comers with more technical sessions for the more seasoned athletes. The New portable Throws cage was put up for the first time despite the wind and proved very useful with groups throwing the Discus for the first time. The Tartan Sprint Straight and the Long Jump pit were put to good use by the coaches together with Hurdle coaching and Javelin.

The sessions continue this Saturday and look forward to more youngsters taking advantage of this free coaching.

Any questions please ring Alan or Christine Oates on 01274 416286.

Alan Oates

### **05/03/12 ROAD CHAMPIONSHIP UPDATES**

Busy day on Sunday 26th February, Shaun Jordan 1st Bingley runner home and 1st M55 at the Huddersfield 10K, his time of 40.43, VDOT50, gets him on the top men with VDOTs of 50, Rob Eccles was 3rd M50 in a time of 43.38, John Firth was next with a time of 46.10, and 1st M70, Mike Long recorded a time of 54.21. Oliver Downing was 3rd M65 at the Pocklington Snake Lane 10' in a time of 1.15.57.

Four Harriers ran the Great North west Half Marathon Blackpool, Waheed Khan in a time of 1.29.02, VDOT51, gets him on the top 50 list, Faye Firth time was 1.52.37, Gillian Fletcher 2.00.02, and Katherine Phillips 2.01.22.

On the 5th of February George Buckley was 1st M70 at the Alsager 5' Road Race in a time of 36.55.

Other top VDOTS in February were Sean Thompson for his 86.55 time at the Liversedge Half Marathon with a VDOT53, Robert Eccles has scored two VDOTS of 50 at the Bradford Park on the 4th and 18th with a time of 19.53 on both runs.

Our top Ladies for February with scores of 40+, were Andrea Dennison 5K times at Bradford Park Runs, 20.38, VDOT48, on the 18th and 20.09, VDOT49, on the 25th, and Michelle Woodrow 23.23, VDOT41, at the Bradford Park Run on the 18th.

John Smithurst

### **27/02/12 NATIONAL CROSS COUNTRY**

Many thanks for your efforts and support

Particular congratulations to Emma and Victoria, 14th and 23rd respectively, for their excellent efforts ably supported by Jo, Sue and Alana. We finished 15th team

Sue Cariss

### **27/02/12 BINGLEY TRIUMPH ON VD DAY (VICTORY IN DONCASTER)**

Sun 19th Feb

The event proved yet again to be a successful day for the Veteran Harriers.

Kicking off the first race (5k) was the M70's and W35. We were shown how to do it (very firm underfoot - looking more like a Formula 1 racing circuit) by the M70's who won GOLD 1st team with 1st Fred Gibbs, 2nd George Buckley and 3rd David Barber and not forgetting

John Smithurst who didn't want to let the team down finishing 7th, after he was told by his doctor not to run. Also in the first race were the F35's and Bingley finished with a SILVER with 2nd team behind Holmfirth, Anne Buckley(3rd overall) SILVER 2nd F40, Marisol Carrera 21st and Becky Weight 27th. Well done ladies. Sue Cariss won GOLD in the ladies F60's finishing 38th overall out of a quality field of 80 runners.

Race 2 ran alongside race 1 Men 50-69 but they ran 10K. Out of a field of 100 David Potter M50 finished a remarkable 15th overall 11th in his category. Closely followed by Peter Pyrah M55 in 17th place overall 5th in his age group. Well done to both of you. Its a shame that we couldn't have had a 3rd runner to complete a team.

Also in race 2 were the M60-69. Gerry Bell won SILVER in the V60 category (29th overall) and he was followed home to win SILVER 2nd Team with Les Haynes 52nd overall (SILVER in the M65 age group) and Peter Ellerton 79th overall (5th M65). Bob Dover 83rd overall 7th M65 just 11 secs off a medal.

Race 3 was another 10k for Men 35-49. Andy Peace 9th Overall (5th M40), 11th overall Stuart Macdonald BRONZE 3rd M45, John Convery 16th overall (5th M45) and Simon Johnson 20th Overall (6th M45) gained SILVER team medals behind a very strong Hallamshire Harriers with ex world class runner Carl Thackeray in their ranks. Beaten into silver by only 5 points. Well done to all, it

was a blustery day but everyone enjoyed the day. I have all uncollected medals from the day.

All results can be found on the YVAA web site.

Smon Johnson

### **27/02/12 NORTHERN XC CHAMPS**

28th Jan

Thanks to your magnificent efforts we finished 2nd team.

Well done to our team of:

Emma - 5th (31.51)

Victoria - 11th (32.48)

Jo - 20th (33.40)

Aly - 49th (35.30)

Our team was well supported by Sue Becconsall, Sue Cariss & Alana Gill so we had an excellent turn out from Bingley Ladies.

Thanks again Ladies, special thanks to Aly (who drove down from the North East) and Sue B (first race back after illness), and well done to everyone.

Sue Cariss

### **18/02/12 LIVERSEDGE HALF MARATHON**

Sean Thompson was our first runner home on the tough Liversedge Half Marathon on Sunday 12th February, in a time of 1hr 26.55, followed by M60 Chris Hardaker 1hr 46.24, Jeremy Wright recorded a time of 1hr 46.27, and Pete Shoard 1hr 47.54.

John Smithurst

### **18/02/12 NORTHERN CLUBS**

Pontefract Saturday January 28: Junior Results

Our three most prolific racers, all of whom were running at the bottom end of their respective age-groups, turned out once again, and I am sure they all learnt much from this prestigious event: Victoria Merrick was 84th in the U13 Girls, Matthew Merrick 49th in the U13 Boys, and Emile Cairaess a superb 13th in the U15 Boys. Well done all!

Tony Kingham

### **18/02/12 WEST YORKSHIRE SCHOOLS CHAMPIONSHIPS**

Lightcliffe on Saturday February 4

Our most successful athletes at this meeting were Emile Cairaess, who finished 2nd in the U14 Boys race, and Jenna Killock, who finished 6th in the Senior Girls race - both have been selected to represent West Yorkshire at the ESAA Championships on Saturday March 17. Well done!

Gordon Weight was a fine 10th in the U16 Boys, just missing out on selection, and it was pleasing to see some of our other athletes performing at this level: Katy Boden was 30th in the U14 Girls; Sarah Dewhirst was 29th, and Maisie Manners 30th in the U16 Girls; Thomas Potter was 28th, and Joe Wain 30th in the U16 Boys.

Tony Kingham

### **03/02/12 JANUARY 2012 ROAD REPORT**

Katherine Phillips recorded a PB at the Garstang 10K on the 8th of January in a time of 53.20.

Three Harriers turned out for the Knavesmire Brass Monkey Half marathon on the 22nd, Oliver Downing was 3rd M65 in a time of 1hr 40.58, Marisol Carrera-Viva 1hr 41.20, Vicky Horrocks 1hr.50.29.

In the Melham 10K on the 29th, Robert Eccells time was 41.58, Caroline Felce a PB time of 44.37, Marisol Carrera-Viva was 3rd F40 in a time of 45.24, Mike Long 53.35.

Bingley runners have been prominent at the 5K park runs at Bradford, Leeds & Huddersfield.

Top Males times John Convery 17.19 Vdot 58, James Senior 18.16 Vdot 55, Peter Pyrah 19.011 Vdot 52, Adam Worrallo 19.11 Vdot 52. Paul Tiffany 19.17 Vdot 52.

Top Females, Andrea Dennison 20.02 Vdot 49, Caroline Felce 21.06 Vdot 46, Mary Webb 23.53 Vdot 40.

### **26/01/12 YORKSHIRE CROSS COUNTRY CHAMPIONSHIPS 2012**

A small, but very select group of young Harriers took part in the Yorkshire Championships at Wakefield on Saturday 7 January, and it was a pleasure to see them staying to watch the Senior races which featured so much to inspire them.

In the first two races the Merrick twins, Matthew and Victoria, both of whom are in their first year in this age-group, produced very promising results, with Matthew in 15th and Victoria in 18th.

Also in his first year, in the U15s, Emile Cairaess ran with great determination and intelligence and was rewarded with an excellent 6th place and selection for the Yorkshire team. Daniel Smithurst, in his first championship race, stuck to the task very well, finishing in 48th place.

Jenna Killock was once again our only representative in the U17 Women's race, and in a high-quality race her 27th position was a fine effort.

Tony Kingham

### **26/01/12 BRADFORD SCHOOLS CHAMPIONSHIPS**

Four days later, many of our Juniors were in action again, at a very muddy Northcliffe. We congratulate the following, several of whom have only joined the Club very recently, on being selected for the Bradford team to take part in the West Yorkshire Championships, which take place at Hipperholme and Lightcliffe School on Saturday, February 4:

JG Katy Boden (10th)

JB Emile Cairaess (1st); Luca Zenti (2nd)

IG Lilly Dooks (2nd); Maisie Manners (4th); Sarah Dewhirst (5th)

IB Gordon Weight (2nd); Thomas Potter (6th); Joe Wain (7th);

James Fardy (11th)

CA Jenna Killock (27th)

SG Jenna Killock (4th)  
SB Jack Thorp (1st)

Congratulations too to Jessica Manning who finished 1st in the Year 7 Girls race.

Tony Kingham

### **26/01/12 PECO LEAGUE : RACE THREE**

Temple Newsam

Some outstanding results from our Juniors in this race :

In the U11 Girls Lucy Shutt was 2nd.

In the U13 Girls Victoria Merrick was 1st, Jessica Manning 3rd, Abigail White 5th and Anna Whitehead 9th.

Matthew Merrick was 1st in the U13 Boys, and Emile Caires 1st in the U16s.

Well done to everyone!

The next race in the series is at Golden Acre Park on Sunday 19 February – we hope that we can persuade many more of our Juniors to turn out.

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

Tony Kingham

### **26/01/12 THREE IN A ROW FOR SARAH**

Sarah Benson of Bingley Harriers won her 3rd competition in a row by winning the overall indoor Welsh Championship this weekend (21st Jan)

Event: Shot Putt

Distance: 12.85m.

Previous wins coming in UWIC Grand Prix 13.18m and 13.19m respectively.

Early 2012 season UKA power of 10 placing as of 22nd Jan 2012 Sarah 2nd behind Jess Ennis

Jess Northern indoors 13.95m 2012

Sarah UWIC Grand Prix 13.19m 2012

On the back of her performance she has been invited to the AAA indoor championships at Sheffield 11th Feb.

### **16/01/12 YORKSHIRE CROSS COUNTRY CHAMPIONSHIPS - VICTORIOUS LADIES**

Thanks to Ali Raw, who drove down from the North East to complete the team, our ladies started the Championship XC season with an emphatic win at the Yorkshires on 7th January at Thornes Park. Emma Clayton (2nd in 21.22) and Victoria Wilkinson (3rd in 21.30) won individual medals and were ably supported by Jo Buckley (9th in 21.53) and Ali (23rd in 23.04). Emma, Victoria and Jo gained inter-counties selection too! Alana Gill, Carly Robertson & Sue Cariss also ran so the blue & white hoops were well represented. Sue Cariss

### **12/01/12 YORKSHIRE CROSS COUNTRY CHAMPIONSHIP**

The Brownlee boys dominated the Yorkshire Cross Country Championship at Thornes Park Wakefield on Saturday 7th January 2012. After the first climb they were clear of the field of 221 runners, and then continued to pull further away each lap.

Alistair pulling away from younger brother Jonathan in the last 300metres, Alistair time 34.51 Jonathan 34.55.

Bingley was well supported by Ian Holmes V45 24th place in a time of 38.22, fellow vet Andy Peace 38.41 in 27th position, next was Andy Brown 31st 38.58, closely followed by Steve Broadbent 32nd 39.01, with reliable V45 vet Stewart MacDonald 40th in a time of 39.27. Jamie Robinson came 64th in a time of 41.20.

Bingley 3rd in the team event from Leeds City & Hallamshire.

John Smithurst

### **04/01/12 - RIBBLE VALLEY 10K**

PB for Alistair Brownlee at the Ribble Valley 10K on Tuesday 27th December, in near perfect conditions Alistair knocked 20 secs off his 10k time that he set at the BUPA Manchester 10k in 2009.

On a hilly course he battled all the way with last years winner Jonny Mellor (Liverpool Harriers & A C), Mellor had to break the course record to beat Alistair into 2nd place in a time of 29.10, to Alistairs 29.15 with Ricky Stevenson a close 3rd in 29.17, eight runners going under 30 mins in this high quality field.

It did not stop there for Bingley with four 1st and a 3rd in the vets, 1st F35 Jo Buckley 36.55, 1st M45 Stewart Macdonald 34.37, 1st M65 Mike Smith 43.50, John Smithurst the 1st M70 50.16 and Pauline Smith completing Bingley's prize collection with a 3rd F60 56.16. Good run by James Robinson in a time of 34.48, 95th out of a field of 894 finishers.