

A Champion Grand Yorkshire Day Out

IT'S HELLIFIELD VILLAGE GALA

After a very dismal and infact the wettest July since records began, August 1st dawned dismal and wet – no surprise there then! But this being Yorkshire Day the weather had to perk up, so with the sun putting it's hat on, the crowds soon emerged for the 40th anniversary of Hellifield Village Gala.

The bubbly Coronation Street star Vicky Binns, who plays Molly Dobbs in the ITV soap opera added even more sunshine, and she played her part perfectly by signing autographs, chatting to everyone and even taking time out to start some of the fell races, which incorporated the 14th Yorkshire Junior Championships.

Vicky being a keen runner on and off the TV screen with a 10k pb of 49 minutes took a great interest in the sport of fell running, and by the end of the afternoon was cheering on the finishers with the families and crowds at the finish line.

All the races attracted record fields and some new course records. Thirty eager under 10 athletes set off the days racing, with first back

in a record time being Jake Steade from Dark Peak Fell Runners, who took four seconds off the course record. Not to be outshone, seven year old Alex Baker did better by taking five seconds off Issy Wharton's two year old time. Although this is a non championship event, these two were rewarded with tins of Quality Street from the sponsors Burton Safe Limited, as well as their normal race prizes, because we like to encourage them from a young age in Yorkshire!

The championships kicked off proper with twenty eight under 12 runners being sent on their way by Vicky Binns, who was amazed at where they were running to – the summit of The Haw and back. Getting faster and faster over this course, 2007 U12 bronze medallist, Phil Done bust a gut so to speak, and was elated to win the John Taylor stained glass window trophy and gold medal. In the process he disappointingly just missed James Hall's record by two seconds. Wakefield's new signing Sam Convery had the edge in the sprint over Edan Whitelaw to take silver, a vast improvement on eighth last year!

Sam has now won championship medals on all surfaces, fell, cross country and track, not bad considering he only took up running two years ago. Triathlete and new FRA 2009 Under 12 English champion Abby Mae Parkinson, now running in the colours of Spenborough AC, had the audacity to take seven seconds off team mate Emma Wilkinson's course record, finishing eighth overall. Taking her Yorkshire title she ensured that Spenborough AC hold on to the U12 perpetual trophy since Emma has had it in her trophy cabinet for the last two years. To top the day off, Abby even had the senior field sing her 'Happy Birthday' before she, the starter, sent them on their merry way. Two years ago Issy Wharton won the U10 girls race, and last year finished fifth girl in the U12 race, this year however she knocked over a minute off her time, but more importantly collected the silver medal for her efforts. Third in the race was Maddie Awam, all the way from Bath, so the Yorkshire bronze was won by a delighted Hannah Thom.

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Coronation Street star Vicky Binns encouraging the under 14 & 16's before the race

Close shaves at the finish

Although doing different distances the U14 & U16 athletes were set off all together by Vicky Binns, and 10 minutes 33 seconds later new course record holder and newly crowned Yorkshire U14 champion William 'The King' Smith stormed across the finish line. William has so much potential and it was fantastic to see him rewarded with a title. Max Wharton, Issy's brother and James Hall were involved in a ferocious sprint, just a mere two seconds behind William. No quarter was given by these two as they crossed the line in the same time, but Max fifth for the last two years, just wasn't going to be denied the silver medal and had the edge, even though James has twice won the U12 championship.

Close shaves at the finish seemed to be the order of the day, with only three seconds separating the first two girls. Becky Mills of Scarborough AC came from behind to snatch the gold from Wakefield's Annabel Mason. Becky follows club mates Abbie Johnson and Alex Wheatman who have already had their hands on the silverware, that is the Sarah Rowell perpetual trophy. U14 BOFRA champion Pippa Barrett had to settle for the bronze medal, and didn't relish this type of course as she favours the much steeper, rougher fell races. On his first outing to hunt down a Yorkshire title, Marc Scott from Richmond & Zetland came home triumphant winning the Ian Holmes trophy and

gold medal, with Sean Carey second and last years U14 champion Richard Powell taking the bronze. Winning her fourth Yorkshire title the irrepressible Rosie Hellawell took gold, with Erika Carter and Annie Roberts silver and bronze medalist's – a Keighley and Craven whitewash!

Sixty nine seniors including seven U18's set off to tackle The Haw, then Newton Moor Top and back, with Blackburn Harrier Peter Matthews having the strength to beat England junior international Billy Pinder by five seconds. Billy's consolation was that he won the Jack Maitland Yorkshire U18 trophy. Billy, the 2008 English Schools Fell champion, made his England debut just five weeks prior to this, in the prestigious World Youth Challenge mountain race in Germany. There he finished a splendid fifth, and along with junior international Jonathan Bradshaw, eleventh, and Ashley Kay, twenty-third, the boys won team bronze medals for England and themselves. Jonathan fresh from winning the BOFRA Ambleside Sports under17 race finished third at Hellifield and collected the Yorkshire silver, while 2008 BOFRA champion Thomas Sessford the twice U16 Yorkshire champion won bronze, finishing seventh overall. British U23 champion Lizzie Adams won the £30 ladies prize money, finishing tenth overall in a fast time of 27-23. Double county schools champion and fresh from a 3000m PB of 10:11.55 at the English schools track and field championships, seventeen

year old Becky Lambson won the U18 ladies championship and set a new U18 record of 29.01. Former record holder and last years champion Jenny Dybeck of Ilkley Harriers took the silver, and just as importantly beat dad Nick by an impressive 1 minute 30 seconds.

A grand day out

Besides all this racing there was a packed day of entertainment, where in the large marquee Circus Jim enthralled the kids with his act and music was provided by local singers Jane and Stan, along with the Saggy Bottom Boys. Outside on the field Tricks 4 Treats put on a dog display, along with the usual egg throwing, children's races and show ground attractions that make this a 'Grand Yorkshire day out'. A big thank you must go to everyone who helped make this a successful day, but a very special thanks must go to Steve Moor and partner Jo along with Hilary and Norman Berry of Burton Safe Limited our Yorkshire sponsors.

One of the best sights of the day however is seeing not only kids, but mums and dads trying desperately to catch chocolate in the traditional finale, that is the chocolate throw out. **Quote of the day must go to Emily Cox here, who finished second girl in the U10 race – 'Dave's still throwing chocolate out and my hands are full, I just can't catch anymore. I'll just have to get a top with pockets in for next year!'**

Under 10 Hellifield champion – Jake Steade of Dark Peak Fell Runners

'I started running at school when I turned up at Cross Country training aged six – two years earlier than I was meant to! The teacher, Mr. Dacey, running the sessions let me join in and that was it, I couldn't wait till I was old enough to run for Hallam School in the Sheffield Schools Cross Country.

I have got some great friends from other schools through the cross country and its great every year when we all turn up to see how much faster (or slower) we were than last year. At school we train twice a week in winter, once in summer – mum helps out. The few of us who turn up to train and race, wind, rain or shine have a fun time, including pasta parties the night before a big race.

I started having a go at fell running because my mum and dad both do fell runs to keep up their general fitness. I started going to watch their runs whenever I could and thought it looked fun and I met lovely people who were friends of mum and dad.

Everyone is really nice and always takes time to chat to me – especially the Dark Peak and Totley club members.

My first race was the junior run two years ago at the Bakewell Pudding race where my dad ran with me – or at least that was the idea until I left him on the first hill and finished first in the under 8 age category and fourth overall. I love

running but there aren't that many junior races for my age in the Peak District where I live, so I enter what I can. I ran at Hope this year where the age range was 10 – 15 and came fourth. Last year I entered the Hellifield race when I was visiting my godfather Dave Wathen, who lives in Gargrave, for his birthday. Mum spotted there was a race in the next village so I had a go and finished third – the chocolate prizes were so amazing that I told mum that if we were up visiting the next year I wanted to enter again – which I did and managed to come first and beat the record by four seconds – again great chocolate prize!

People who inspire me to run are, both from Dark Peak: Ron Fawcett, who is also a brilliant climber. He is amazing – a V50 and still finishes in the top ten – I hope I am as good as him when I'm that age, and Andy Moore who I can easily pick out because he runs a lot without his vest on and is awesome. When I run I would like to be like Stuart Bond or Lloyd Taggart who usually fight it out for first place giving it everything. They are so determined and never give up the chase – I love the anticipation of waiting to see who'll be first in to view at every race I go to.

As well as running I am a mad keen rugby union player – fly half, and have played for Sheffield RUFC since under 7. My dad coaches



Leading all the way in the Under 10 race: Jake Steade

our team. I play tennis, taking part in squad, lessons and tournaments too, at least three or four times a week. I do any sort of running I can as I love it and it compliments my other hobbies. If I didn't have to go to school I'd play or watch others doing sport every day – running about and keeping fit is part of me and my family and always will be. I've grown up with sport from a baby watching from the sideline till I could take part myself. Following me is my sister Holly.

My ambition is to play rugby for England!

Yorkshire Under 14 champion - Becky Mills of Scarborough A.C.

'I first got into running through the Caedmon School by doing cross-country and track, but when I was in year eight I came 13th in the North Yorkshire trials without any training so someone suggested I joined a club. I chose to go to Scarborough AC for a trial, although I live in Normanby just outside Whitby. I really enjoyed it, but not long after I had an accident at school playing basketball. Whilst challenging for the ball, someone landed on my ankle, damaging my tendon which ended up with me on crutches for 6 to 8 weeks. This didn't stop me though. I returned to the training sessions in the summer, on and off to start with, but then I got more serious as the cross-country season was approaching around September time.

The first race I ever did was in year six, and it was cross-country. I came fifth and really enjoyed the experience. In my first cross-country season other than at school I have achieved the following: 11th in Yorkshire U15, 22nd in the Northern, by far my best achievement, 113th at the National, 98th in the English Schools, and runner up in the North Yorkshire & South Durham league. This summer has been my first track season. Again, other than school I have achieved the following: I reached the final of the Yorkshire U15 1500m in what was my first ever race at this distance in a time of 5.11.6 finishing in 9th place. The only other time I ran this distance was in practice and that was in a time of 5.31. I then achieved a new pb of 5.03.6 in the North Yorkshire Schools trials finishing in third place, and I have recently broken the five minute barrier at Jarrow in a British Mile Club meeting, achieving 4.59.0. I have also had some good times in the 800m, my best time this season being 2.24.0 which is an improvement

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Under 14 contenders: Becky Mills, Annabel Mason & Pippa Barrett climb The Haw, with under 16 Rosie Helliwell behind

of almost 30 seconds from last year in a school race. It's a pity we have to travel to the track at Guisborough, but the nearest one in Yorkshire is in York – Scarborough really needs a track!!

Ultimately I am aiming to come in the top three in the country at cross-country, and on the track would like to be in the final of 1500m at the English schools. I particularly like cross-country, but as I get stronger I think I will like the fell races more, because the cross-country course I did really well on was at the Northern where I came 22nd.

I started fell running in May this year in the

FRA series, with my best position being 5th place at the Coiners race and I came fourth in the uphill championships at Patterdale.

My Hellfield race didn't go to plan however, because my finger, which was in a splint, got knocked at the start, so it was throbbing with pain – I had broken it 2 weeks before when my horse, Alice, fell over with me in the saddle. We both ended up on the ground, and then while she was getting up she stood on my little finger. But in the race I came in strong at the end as I was hungry for the Yorkshire title, and afterwards I was really pleased when I found out my time, as it is the new record by 28 seconds.

I train on a Monday, Tuesday and Thursday on club nights at Scarborough, but this can vary depending on races at the weekend. My coach Mike Willis often likes us to go for 'Muddy runs' on a weekend, again depending on any races I have. Other training is a variety from long runs to reps of 200 – 600 metres.

My other passion is show jumping on Joey at local shows and a lot of times I win rosettes for first, second or third placings. Recently I won at Rosedale, Thornton Le Dale and Hindwell in the 13.2 to 14.2 hands category – this is simply the height of the horse. I also went to Barnby show recently and came 1st in 85cm jumping and the games that I went in I won aswell, so I won everything I had entered in.

At school I also do hockey, netball and swimming – the latter I was pretty serious about until running took over.

My favourite food would have to be my mum Tracy's lasagne, especially the night before a race. I also enjoy Chinese, fish and chips and Pizza Hut J. Music wise I like listening to most apart from my Grandad's classical stuff.'

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First four Under 14 Yorkshire girls - Pippa Barrett, bronze; Becky Mills, Champion; Annabel Mason, silver & Emma Wilkinson, fourth

Smiles all round from the Under 12 Girls:
Maddie Awam, 3rd (non Yorkshire),
Abby Mae Parkinson - Champion
& Issy Wharton - Silver



Under 12 Yorkshire silver medallist & Under 12 English bronze medalist & English Schools bronze medallist (year 7) – Issy Wharton of Calder Valley Fell Runners

'Hi I'm Issy Wharton I'm eleven years old, I'm in year 7 and I really enjoy fell running.

I don't just do running I do horse-riding at the equestrian centre at Old Town, and I have done show jumping there on a cob called Copper,

recently I have had two thirds and a second rosette. What I like about horse riding is it's exciting and dangerous and it's not easy, I like to do things which are difficult. I also play football for Hebden Bridge Saints under elevens, and will

be moving up to the under twelves soon, I play in midfield and support Man United. I have been running since I was seven or eight. I started fell running because I did cross-country races and I wanted to do more difficult races and compete with people from around England.

This year I competed in a series of English championships races and some others like Hellifield Gala the Yorkshire Championships. It took us about 40 minutes to get to the race and I was very nervous on the way. When I got there we registered and then warmed up and walked the course. The under 10s set off first which I am proud to say I hold the record for, and then the under 12s - my race.

The race was about one and a half miles long, up a big hill then back down again, I knew I wouldn't win because Abby Mae was there, and she is really, really good. I didn't know the other girls so was very pleased to win a silver medal and the box of chocolates for finishing second girl, but the medal is here for ever, the chocolates were gone in a week. The race was tiring but not as hard as some other races I have done.

This year I have just finished bronze medallist in the English Championships and the English Schools, there running for Calder High School, All this has shocked me and made me very happy. I love doing this sport and want to carry on, I have won Widdop, Coiners, the Rat Runs amongst others in the Calder Valley, and my ambition is to get into the English team and represent England in fell running.'

Under 14 Yorkshire silver medallist & English Schools silver medallist (year 8 & 9) – Max Wharton of Calder Valley Fell Runners

'Hi, I'm Max Wharton. I'm 13 and I enjoy fell running .

I do a range of other sports like play football on the left wing for Todmorden Sports Centre, where I have been Man of the Match a few times this year. I also do mountain biking. But what I really like is fell running because its more of a challenge and really competitive. I run for Calder Valley Fell Runners which is in West Yorkshire, and I also do athletics for Halifax Harriers AC, where I do 1500m and 800m – it's good speed work. I have done this since May.

I started fell running when I was 9. I did cross country but I wanted more of a challenge, something different. So I went along to one of Calder Valleys local fell races, the Coiners race. I loved it, and I came 1st in the under 10 category. Even though I was under 8 I didn't want to just run round the field, as it just wasn't challenging enough. I now run in the English championships and I've just finished joint fourth and also won a silver medal in the English Schools Fell Championships in only my first year in the sport, which has really surprised me. Fell running is a great sport because you get to go all over England when you are in the English champs and visit all the different countrysides. I also like it because it's different to track running because its more exciting and

fun racing on the different terrain like muddy ground, rocks and rivers.

Before the races I'm always nervous, even though I've been doing it for years now. For breakfast I normally have weetabix or something like that for energy. Before races I drink a lot of water so I don't get dehydrated. But sometimes I get a stitch. I'm most nervous on the start line when everyone is pushing and shoving to get to the front – everyone always creeps forward then we hear a loud 'GET BACK!'

When I'm racing I don't feel nervous, I just concentrate on running. When I come into the finish I feel really tired, but happy. It's a great feeling, coming into the finish, everyone cheering you in, especially when you're first!

My dad, Mark does the adult races and in the car on the way back we discuss how we ran and the course. I have done adult races before, like the Cragg Vale race, where I came 15th out of about 100 adults, and am better than my dad, because I have beaten him at Shutlingsloe twice, Alices 10k run and a Calder race. The Yorkshire Championships race wasn't too tough, but it was still quite challenging. We started in a field and ran up past another field then up a big hill and back down. We set off with the under 16's and they went a bit further than the under 14's. I set off about 4th and 2nd

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Max Wharton at Darwen Gala race

under 14. Behind me all the way was James Hall, as always it was a close race between us, we were gaining on the leader who was Will Smith, it was a sprint finish but I hung on to the silver medal and was two seconds behind gold. Before the start I thought I would be in the top 3, and I knew I had beaten James in every race this year, which is an improvement, as last year he beat me.

My ambition's would be to go to the Olympics, but really there's no chance, so it would have to be to run for England on the fells.'

Yorkshire Under 12 champion & Under 12 English bronze medallist – Phil Done of Keighley & Craven AC

At last I was the Yorkshire champion

I've really enjoyed running in the FRA championships, BOFRA championships and the Bunny Runs and Quarry Runs, but the race which meant the most to me to win was the Yorkshire Fell Championships at Hellifield Gala.

As the day of the race drew closer the nerves began to build up inside me. I got my mum to take me up the night before to walk the course. It was a warm, still evening, and the sound of the band practising in the show field drifted up onto the hillside. There was nobody around except me, my mum and the Walsh prints of fell runners who had already walked the course. I felt the excitement rising; I was determined to win and nothing was going to stop me.

"On yer' marks ... get set ... go!"

I got to the front of the pack and focused on getting to the hill first, first field (check), second field (check), road (check); now for the difficult bit – the hill. By now my lead was substantial; I just had to maintain it. I managed to do this, and came over the line two seconds outside the course record set by my friend James Hall the previous year. At last I was Yorkshire champion! I was presented with the lovely stained glass John Taylor memorial trophy, a gold medal and loads of sweets.

I ran my first fell race at the age of seven at Bradley Family Show day, dressed as a caveman. I had entered the fancy dress competition earlier in the day and finished second behind a mermaid; I still think I should have won, but at least I got my photo in the local Keighley News. I also had run all of the junior flat races. My dad let me run the fell race and I finished fifth winning the "First Local" trophy. I was overjoyed with it and took it straight home to show my mum, and according to mum and dad I took the trophy to bed with me and wouldn't let go of it.

Almost a year later I received a flyer at Bradley Primary School and jumped at the chance of running my second race, the Silsden Murder Mile, organised by Dave Hird. I came second under 9 and fifteenth overall out of a field of 106. From then on I was hooked and asked my mum to find me some more races.

That summer I raced at all the local shows we could find which had fell races, wearing my Leeds United strip and football trainers, getting a top 3 placing at each. To finish off the summer I won my first fell race back at Bradley, running in my red, white and green club vest of my new club Keighley and Craven AC, and wearing my new Walshes.

My inspirations at that time were Tom and Harry Sessford who seemed to be winning everything and I wanted to do the same. Tom has since gone on to run for England, and I hope one day to follow in his footsteps if I train hard enough!

My first major achievements, were to win the under 10's race at the English Uphill



A championship run from Under 12 Champion Phil Done
Inset: Caveman Phil Done at Bradley Family Day 2004

Championships two years in a row and the under 10's race at the Yorkshire Championships at Ilkley. I have had my ups and downs throughout the years, but this winter I won my first Championship; the under 12 Kendal Winter League series, finishing with maximum points. I knew I was doing some of my best running and looked forward to the summer season ahead.

I go to Ermysteds Grammar School in Skipton and last year, the year seven team including myself, Max Hamer, Joe Stapleton and Tom Blanchard won the team prize at the English Schools Fell Championships at Sedburgh School, and Ermysteds went on to win the over-all best school team trophy. We won most of the cross country events we entered and qualified for the National Schools Cross Country Championships. I felt proud to be a part of this amazing team and gained a lot of experience. The four of us from year seven were selected individually to run for North Yorkshire, but sadly the race we were due to run in was cancelled due to snow!

I have made some good friends through fell-running and after the serious racing is done, I enjoy hanging out and having a laugh with Harry Sessford, James Hall, Ben Johnstone, Marcus

Preedy, Callum Davidson, Will Smith, Marcus Swift, Nicole Narey, the Keighley & Craven gang and many more!

I've had very few falls in over 200 races, but the one which will be most memorable to me was at Kilnsey Show this year. There were a lot of dramatic falls that day but thankfully nothing serious. I had been really looking forward to the awesome scree descent, but fell on the rocks above and had to be stretchered off the hill by fell rescue and paramedics after suffering a suspected back injury. Luckily I escaped with cuts and bruises and will be back next year to finish the scree!

I am very grateful for the help given so far from Loz Hellawell of Keighley & Craven AC, Dave Hird of Wharfedale Harriers, Dave Woodhead, Stephen Speak of Ermysteds Grammar school and of course my family who have driven me around to races and supported me whatever the weather (mostly cold and rainy!).

Finally back to Bradley Show, my young brother Richard now has the under 9 local trophy, and is just like I was, overjoyed and he too took the trophy to bed with him and wouldn't let go of it!

Yorkshire Under 14 champion & English Schools bronze medallist (year 8 & 9) – Will Smith of Wharfedale Harriers

The pleasure of running

'This is my second season of fell running and my form has been great other than the last two races where I have carried an injury to my arm that hurts when I run. This injury happened climbing a wall whilst winning the Kilnsey Crag race, I sustained soft tissue damage and deep bruising to the bone.

But the pleasure of seeing my training come to bear fruit is great! One of my proudest moments has been winning the Yorkshire Fell Championships – as a Yorkshireman it's the best!

I started running of sorts when I was seven. My teacher Miss Rycroft was inspirational and wanted us to get out and stretch our legs! So the first time I ran was a strange event – I came near to last and remembered that it wasn't a nice feeling, but most importantly, that I felt a great calm, thinking and feeling not much when I ran, that time slipped away! I got better and better and won the trophy from Aysgarth School and carried on to some small cross country events at schools. When we moved back over



to Wharfedale I tried my first fell race at Arncliffe. Here I found that I started singing tunes in my head according to how hard it was! 'Running up that Hill' by Kate Bush was going over and over in my head! The more confident I am of my race the less I sing, I just run and feel the wind, rain and sun if I'm lucky. It's such a great feeling up on those hills!

Mosh Pit by Green Day or Song 2 by Blur are also good mind running songs.

I also run track and cross country. Track running is hard because it requires you to concentrate on your running, to have your head straight. No singing here!

Cross country is slightly better, but the speed and again concentration it takes is not as freeing as say doing Ingleborough! But I enjoy this form of running as there are some great competitors – I run for City of York in Athletics and we got into the Premier Division this year so I'm with the big boys next year! Bring it on!

Most athletes I meet are very driven in their sport, but before and after the races they know how to relax and are great sportsmen, that goes



William 'the conqueror' Smith
Under 14 Champion

Photo © David Brett www.photos.dsb.co.uk

for cross country too – last year I ran against Liam Steadman and others and we got through to represent Yorkshire. We get on really well and when we went down to do the London Mini Marathon and stayed overnight I had a great time and was struck at how nice they were. It's sad when there are some, very few I stress, but none the less they are out there, runners who are totally unsporting. Very sad, but they are to be ignored, because the pleasure I get from my running will never be taken away from me by anyone!

Along with climbing, the Upper Wharfedale Mountain Fell Rescue Team that I'm in and the friends I have across the board, make running a pleasure for me and I know I'll be doing it when I'm an old man too!

Yorkshire Under 18 champion & English Schools (year 12-13) champion – Billy Pinder of Skipton AC

I really enjoy all kinds of sport /I first got in to running back in the summer of 2005; my first race was a school's cross country fixture at Myrtle Park in Bingley for school. I put in a good performance and managed to win, and that started me off as a runner really! Each year since then I've put in really good cross country seasons, winning races like Northern Schools, West Yorkshire Cross Country Leagues and lots of regional schools races. I did my first fell race at one of the FRA's a few years back at Wrekin when I was in the U16's and came 9th (I think...) and I really enjoyed the relaxed atmosphere of the whole event. Unfortunately I got glandular fever a few weeks later and that wiped me out for the whole summer. I had another good cross country season in year 10, and decided to focus on fell running in the summer. I did a few more races that summer, Cowling Gala, The Yorkshire Championships at Hellifield, and the last two FRA's that summer (2008). The highlight of my

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season that year was coming 2nd in the British and Irish Championships. The best achievement I've done so far in fell running is coming 5th at the WMRA International Youth Challenge in Germany and claiming bronze medals as a team with Jonnie Bradshaw and Ashley Kay. It was a really great trip and I got to know some awesome people. Outside of running I'm a big mountain biking fan and a big cricket fan. I play cricket on Saturday's during the summer for Cononley 2nd Team and we've won the league two years on the bounce which is great. It's a pretty hectic summer for me most of the time, trying to fit in as many fell races, as much training, mountain biking and cricket matches as possible, but I really enjoy all kinds of sport so I don't mind too much!

It was great to win the English Schools title yet again and run for England again in the British and Irish Championships. I only finished sixth mind. This did lead England to a bronze medal. I've got a lot of aims and aspirations for the future having a really good winter cross country



Yorkshire U18
champion Billy
Pinder with
Hilary Berry

Photo © Dave Woodhead www.woodentops.org.uk

season, i.e. qualifying for and placing highly in the English Schools and UK Inter Counties. Further in to the future, I'd like to represent Great Britain next year, so that's a main aim for next summer. After that, I just want to do the best I can in every race and hope that brings me lots of success! I also want to do well in my A Levels at school and get into a good university and see where I can go from there. Obviously, like many people I'd love to make it as a full time athlete when I'm older at fixtures like The World Championships and The Olympics, so I best start working even harder! I'd just like to add a special note of thanks to all the people who've helped me with what I've done so far, in particular Roger Ingham (MBE!) who's always been really helpful to me and all the other junior and senior athlete's at Skipton A.C., he really does some great, selfless work for anyone he meets and has done a lot for me!