

# Stars shine at Hellifield



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Newly crowned English under 14 fell champions Max Wharton of Calder Valley Fell Runners and Bronwen Owen of Scarborough AC showed why they are super stars by not only winning the 2010 Yorkshire U14 titles, but by breaking the records to boot. Max sliced 53 seconds and Bronwen a whopping 1 minute 23 seconds off their race records respectively.

13 year old Bronwen only took up competitive running last year, when spotted by Scarborough coach and mentor, Mike Willis at a schools sports day, since then Bronwen finished second in the North Yorkshire and South Durham Cross Country League and fifth in the Year 11 – 12 National Triathlon Championships; what great potential Bronwen has.

Max is developing into a fierce competitor with his no nonsense approach to climbs, no walking, no matter what! Add to this his steely determination of never giving up until the finish line is crossed and you realise why Max is a champion through and through.

Three other junior athletes broke records. Last years under 14 Yorkshire Champion, Becky Mills, took 59 seconds off the FU16 record, Seth Waterman reduced the U12 record by 11 seconds and Clayton's Natalya Irvine took 35

seconds off the FU10 record. The under 16 race uncovered a new talent in 15 year old Bradley Travis, whose main sport is rugby, although he has competed in the English schools fell championship for the last two years. He finished third in 2008 and sixth last year, although he was at the bottom end of his age group. At the moment running is a close second to his rugby ambitions.

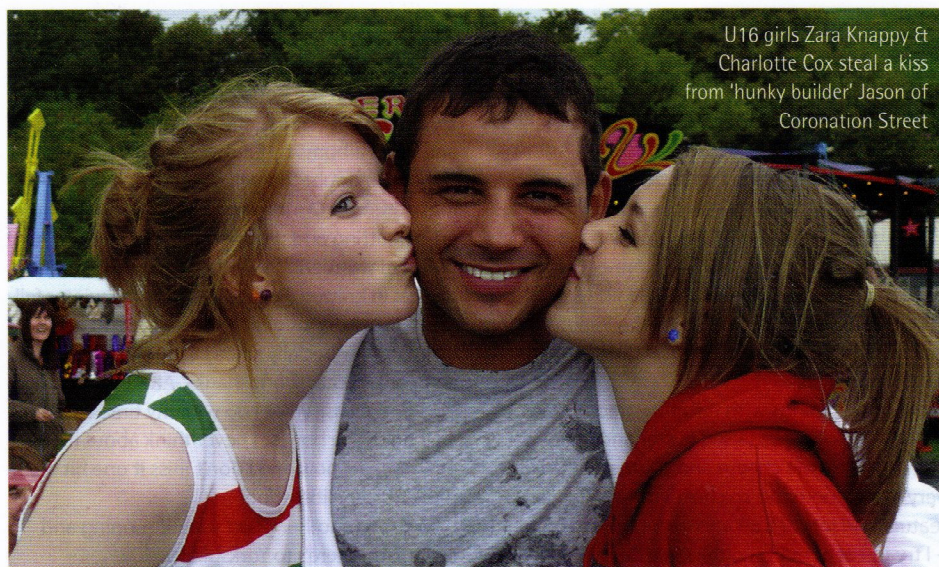
These athletes weren't the only stars to shine at the 41st Hellifield annual Gala though, Ryan Thomas, who plays the 'hunky' builder Jason Grimshaw in the ITV's soap Coronation Street, made everyone's day by joining in the fun, signing autographs, posing for photographs and starting the senior race. It's a good job the St. Johns ambulance was on standby as a lot of swooning was going on by mums and daughters alike, and some cheekily managed to collect a kiss or two off Jason. Rumour has it that they will never wash again!

The senior runners got the worst of the weather as a monsoon type cloud burst swept over the summit of The Haw. Junior international, Cowling Gala winner, Billy Pinder regained the Yorkshire under 18 title to claim the winner's £30 prize money with over a one minute lead

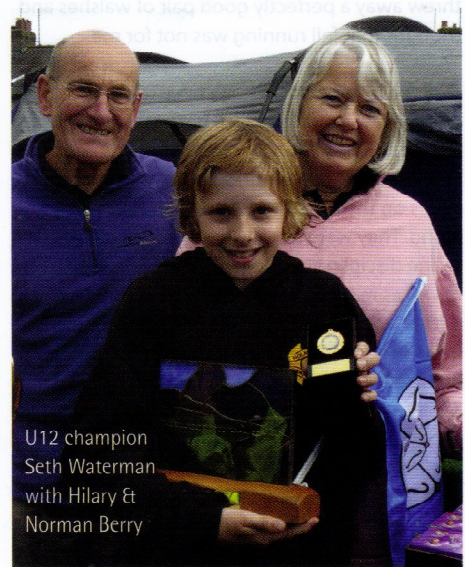
from Marc Scott, the Yorkshire silver medallist and Sean Carey who collected the bronze. Past winner V50 Steve Oldfield chased these youngsters home and he himself was chased into the finish by new U23 champion Matthew Athersmith and U23 silver medalist James Craig who also picked up the first locals prize.

Lancashire's Nichola Jackson was chuffed with the £30 on offer for winning the ladies race, from Skipton's Clare Pearson, before Caroline Lambert of the little known fell running club Wetherby Runners took third and with it the U18 ladies Yorkshire title.

Hellifield Gala Races are not all about the spectacular racing on offer, but are about a day of enjoyment for all the family. The racing's good, but children's entertainment from Circus Jim, singing by The Saggy Bottom Boy's, a bucking bronco ride, lots of stalls, fair ground rides, BBQ, Gala cakes and teas from the Women's Institute and novelty children's sports on the field make it a day for everyone. After the presentation of the Yorkshire and open race awards by Hilary and Norman Berry from Burton Safes Limited who sponsor the Yorkshire Championship, the famous chocolate throw out ensued, with Hilary and Norman doing

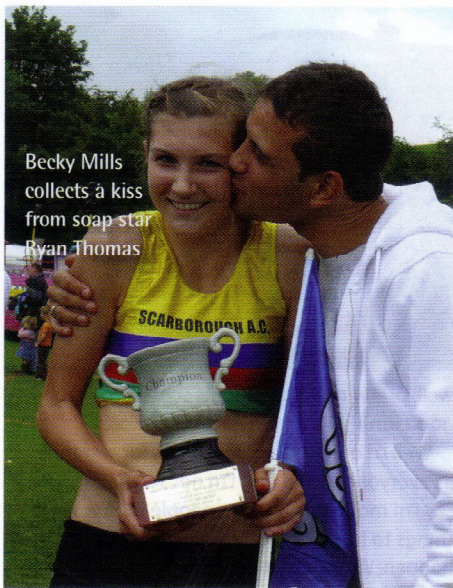


U16 girls Zara Knappy & Charlotte Cox steal a kiss from 'hunky builder' Jason of Coronation Street



U12 champion Seth Waterman with Hilary & Norman Berry

Photo © Eileen Woodhead www.woodentops.org.uk



Becky Mills collects a kiss from soap star Ryan Thomas



U18 Yorkshire champion Caroline Lambert flanked by Skiptons Clare Pearson Et race winner Nichola Jackson

the honours. What better way to end a day could there possibly be than to see the sight of youngsters and grown ups desperately trying to catch chocolate? **A truly GRAND DAY OUT!**

Photos © Dave Woodhead www.woodentops.org.uk

## Bronwen Owen of Scarborough AC

### UNDER 14 YORKSHIRE & ENGLISH FELLS CHAMPION & ENGLISH UPHILL CHAMPION AND ENGLISH SCHOOLS HAMPION

Hi, my name's Bronwen, I'm 13 years old, I go to Lady Lumley's school in Pickering and have started year 9. I'm a member of Scarborough athletics club and with Becky Mills, Charlotte Edge, Louise Taylor, Leah Ogden, Leah Millard and Emma Graves training is great fun and a laugh, which is what taking part in sport is all about!

All my other friends think I'm really weird because I'm mad on sport and so are the rest of my family. My mum, Sarah, dad, Derek and sister, Ceri, who is eleven, all compete in local triathlons, with my mum being really good. My sister also likes horse riding - I've been banned because I'm so rubbish and keep falling off! My mum thought I was going to kill myself if I carried on, but I do like horses.

At the moment I swim, bike and run regularly. I race in: local cycling time trials, my best ten mile time is 28-50 and compete

in triathlons, I won the North East Summer Triathlon Series and have some other placings in local events.

Last November I started running with the club and really enjoyed taking part in the North Yorkshire and Scarborough District cross country league, eventually coming second overall. I also managed to qualify for the English schools cross country championships, I came 3rd at the Yorkshire cross, 29th at the National, but my best running result was 4th at the Northern cross country champs at Blackburn.

This summer I started fell running for the first time, club coach Mike Willis said they'd be good for me, and improve my cross country, I've really enjoyed it, it's really hard but you feel really good when you've done it! Hellifield was a really good race, the competition was tough and I had to race hard, but I really enjoyed



Bronwen Owen, a winner at Darwen Gala

winning and breaking the course record!

Apart from my sport I like camping and shopping every now and again. I support Arsenal, because my Welsh grandad says they are really good. I play the cornet and am grade three and I like messing around in the garden. I have a boxer dog, Sophie, aged six and a dwarf hamster, Ginnie. My nickname is beefy; I was given this by the boys at primary school because I'm so little!

My ambition is to win the Olympics, but I have not decided a sport yet. After this I'd like to work for someone like Eurosport or something. I've wanted to do this for a long time; I went to watch the cyclists compete at the Manchester Velodrome, which I'd love to have a go at, and even got to meet a few and collect their autographs. Meeting the likes of Sir Chris Hoy and Bradley Wiggins, is what has inspired me.



Hellifield U14 girls L-R Annabel Mason (2nd), Bronwen Owen (1st), Harmonie Waterman (3rd) Et Louise Taylor (4th)

# Caroline Lambert of Wetherby Runners

YORKSHIRE UNDER 18 CHAMPION & MALHAM SHOW WINNER

I hadn't done a fell race in a while so I decided to go along and give the Hellifield race a go, especially since it was called the Yorkshire championships, I thought it could be a good one to try and see if I'm actually any good at the sport. After all my favourite event has always been cross country and I thought, "How much different can it be?"

I found the race quite hard to be honest. The hills were all so much bigger than I'm used to and the downhills were so much steeper. There were so many ditches to catch me out as well, I don't think my reactions were quite quick enough to bound through the uneven fields, but at the end I really didn't feel guilty about eating as many chocolate Heroes as possible. I'd certainly give the race another go; see what I can do now I'm feeling more confident and more like I know what I'm doing.

I got into running in year six, I went along to a star track athletics week in the summer holidays and from there went along and joined Harrogate Harriers. My first race for them was cross country and since then I've always felt most comfortable with it.

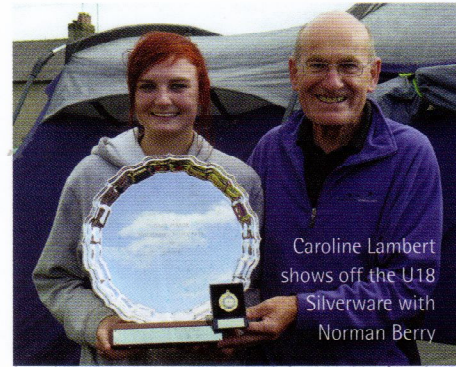
Of course in summer I tried the track and field, the longer distances on the track were more to my taste but I even tried some field events, like the shot put, discus and high jump, but these didn't go down as well. My younger sister, Heather, also ran cross country at school and ran for the Harriers a few times, but is now more into music, especially classical where she is grade 5, although most of the time it's more pop music I hear her singing.

I'd never really noticed fell running until I moved house to Ripon and some nights during the week went down and trained with the local club, Ripon Runners, about a year and a half ago. Here a lot of the guys were into the fell running and persuaded me to go and give one a try. I ended up attending Wasdale show as my first fell race which was quite tough and during the race I told myself I would never do a fell race again, but after being handed some prize money, £6 for third and plenty of fudge I was looking forward to my next one. It was here that I met Jos Naylor, who of course I knew nothing about!

Another reason why I went to Hellifield was because I'd finished all my exams and I was just working and running whenever I could as the football season had finished and this normally kept me occupied on a Saturday, playing in mid field for Ripon Panthers when I was under 16 and now for St. Aidan's school. Also the netball

season had finished before Easter and although I only play this at school it keeps me on my toes. However I'm probably their least reliable player as running often takes priority but I'm not so bad at the sport when I give it my best shot.

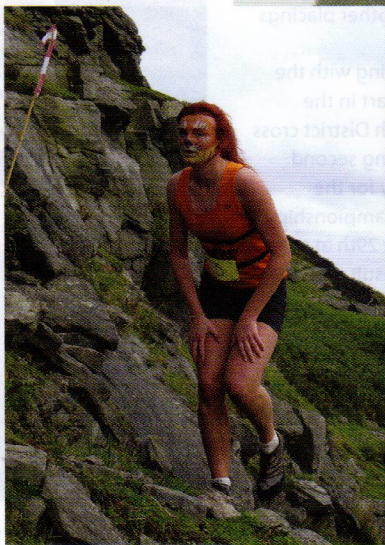
This September I'll be starting sixth form and therefore taking up my netball and football again. I'll be studying my A-levels which I have kept nice and random as I haven't really put too much thought into the future and didn't know what to pick. In the future I'd always like to have my running and football on the side, but I'm still kind of waiting for a career to catch my eye. I quite like the idea of becoming an art student as I love the subject and I've been told they are,



Caroline Lambert shows off the U18 Silverware with Norman Berry

well, pretty relaxed students so that could be good fun.

Well I'd quite like to be famous for something as everyone would, but I'm not sure what. I'd say I'm more one of those people who wait for things to happen, rather than makes things happen. With this attitude I end up doing a fell race one day, an athletics competition the next with a bit of netball in between, hopefully this way I'm going to get somewhere good.



U18 champion Caroline Lambert of Wetherby Runners  
Small photo: Lion face painted Caroline Lambert at Hebden Sports race

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# Bradley 'Brad' Traviss

## YORKSHIRE UNDER 16 CHAMPION

I have been interested in all sports for as long as I can remember and when I started at my secondary school one of the many sports on offer was a running club, which took place on a Tuesday and Friday mornings before school, so I decided to try it out, the free breakfast afterwards being one of the incentives!

Ben Mounsey my teacher, who runs for Calder Valley, was very encouraging, supportive and a great role-model. He kept me interested in the sport and took me and a few other pupils to a series of Calderdale Cross-Country races in which I won all four. My first fell race was near the end of 2008 in the Wicken Hill Whiz senior race and I came 8th. Since then I have competed in about ten fell races including two English school championships were I came 3rd in year 8/9 and 6th year 10/11.

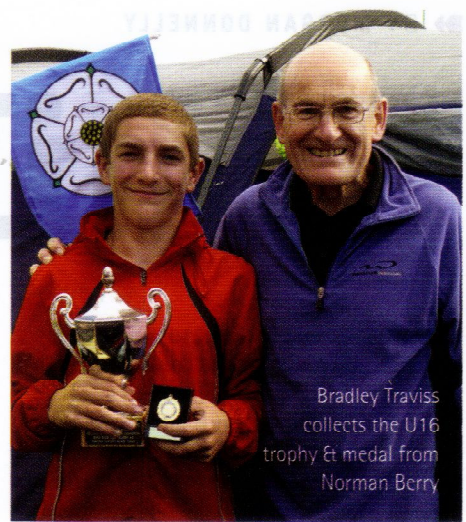
I am 15 years old, and attend the Brooksbank School Sports College and I am currently doing my GCSE's. As well as running for my school I also am a member of their rugby and football squad. Out of school I play rugby league as scrum half or hooker for King Cross Park and hold a scholarship for Bradford Bulls. Last year our rugby team won the league and the Halifax

Cup, even though we're a year younger than our opposition, so now we have been promoted to the Yorkshire league. This league will be much more physical, but we have very good team spirit and camaraderie, with our best player being William Milner, bar me of course, hee, hee.

Both my sister and dad also run, my dad, Garry, who is a member of Calder Valley started running rather than waiting around watching us both, and is a lot fitter now to the point of being obsessed. He is a better cyclist than a runner and the hardest event he's done is the 3 Peaks cyclo cross.

My sister Molly is a member of Halifax Harriers, she came second in the Sedbergh English School Championships last year and competed for Yorkshire and Humberside at the London Mini-Marathon. We are all very competitive and this keeps each of us on our toes!

Given the choice between running or rugby, rugby wins, because I've been playing since I was 5, while running since 11. Rugby is just so enjoyable, running I don't really like, but I am good at it, the best bit about running is finishing! I recently finished second at the Grasmere Sports Under 17 race and this has to be the



Bradley Traviss collects the U16 trophy & medal from Norman Berry

Photo © Eileen Woodhead www.woodentops.org.uk

toughest race I've done due to the steepness of it. I really enjoyed it, even my spectacular fall was enjoyable, but the descent was scary. But the best bit was the £40 prize, mind you my mate Max Wharton's £60 prize would have been better, here Molly finished 3rd in the FU12 race.

When I am older, if I did not succeed in becoming a professional sportsman I would like to become a sports physio. I have recently had trouble with my knees and the physio at Bradford helped me. This inspired me to learn more about physiotherapy and I recently did my work experience in physiotherapy. I enjoyed the week a lot and I hope to get the qualifications needed to become a physio.

Bradley Traviss climbs Winder in the Howgills at the 2009 English Schools Fell champs



Molly Traviss at the English Schools



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