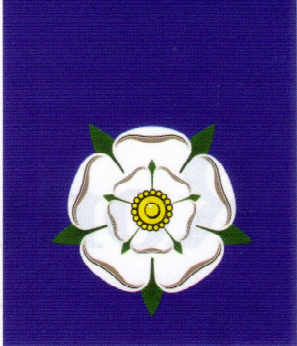


Tyke girls out shine the boys



AT THE 16TH YORKSHIRE JUNIOR CHAMPIONSHIPS

Photos © Dave Woodhead www.woodentops.org.uk



The rain didn't dampen the spirits of the Bingley kids & parents

At midday thunder claps roared and bolts of lightning lit up the sky, before the heavens opened and torrential rain hit the Gala field and surrounding area. In true Yorkshire style it was shrugged off and the show went on at the sixteenth Junior Yorkshire Fell Running Championships at Hellifield Village Gala in North Yorkshire.

By the time the Gala parade entered the field an hour later the rain had eased and the appearance of ITV's Coronation Street star Michelle Keegan, who plays Tina McIntyre, illuminated the field, lifting everyone's spirits. Michelle signed autographs, shook hands and posed for photographs before taking time out to start all the fell races, much to the delight of the competitors. It was not just Michelle who was the star on the day but the girls, who outshone the boys with four new course records compared to the boys two new records.

A record 41 under 10s stormed out of the Gala field with the spectators being treated to a sprint finish between Elliot Brett and Euan Brennan, both clocked 4-38, with Elliot having a toe in front. Nine year old Sunnivah Waterman started the girls record-breaking sequence, improving on Natalya Irvine's time by six seconds to finish 11th overall in 5-03.

In the U12s race it was another record entry with 33 runners. First back in 8-01, slicing three seconds off Seth Waterman's record, was Keighley & Craven's James Lund. James also

won the John Taylor Championship Trophy with Charlie Lowrie and Josh Newbold finishing in silver and bronze. Ilkley Harrier Sarah Pickering broke the long standing record of Abby Mae Parkinson by 16 seconds, taking it down to 8-47. Sarah finished sixth overall to take the title and in second and third were Erica and Lucy Byram; same as last year for the twins.

The brilliance of Bronwen Owen lit up the field again when she finished second overall in the U14 race, improving her own course record by 12 seconds, and again winning the Yorkshire title. Bronwen has dominated the fells, winning two GU14 English titles along with two Uphill titles. This adds to her GU15 cross-country, National, Northern, Yorkshire and English Schools titles, only Lewis Byram had the speed to beat her on the day. 2011 English champion Lewis won in 9-59 taking the Tyke title. 2010 U12 champion Seth Waterman took the silver and Harry Muir the bronze. Silver medal in the girls race went to Molly Traviss, with 2010 U12 champion Ellie Lambert taking the bronze.

James Hall broke Thomas Sessford's U16



GOTCHA! Brad Traviss shows his rugby skills in the chocolate throw out

record by 36 seconds, beating 2010 U14 champion Max Wharton and 2010 U16 champion Brad Traviss to land the title. Always a medallist, James last won a Yorkshire title as a twelve year old in 2007 and again in 2008. Decimating the GU16 record by 2 minutes 23 seconds, Annabel Mason, the new 2011 English champion finally became Yorkshire champion having been a silver medallist for the last two years. Zara Knappy took the silver and Ruby Sykes the bronze.

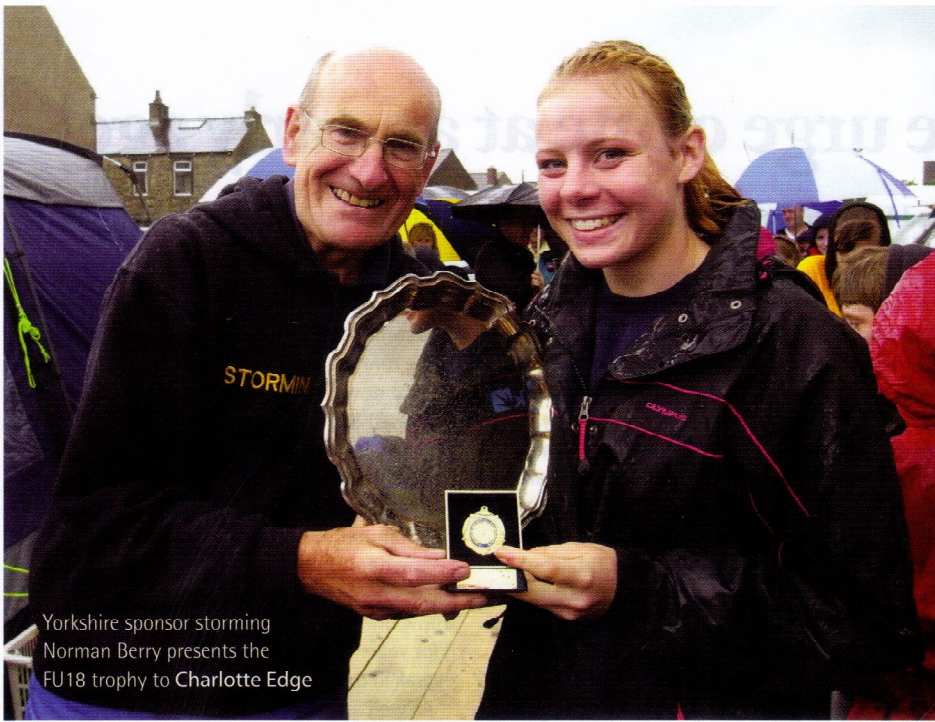
Seventeen year old Marc Scott won the senior race collecting the £30 prize. Marc beat Billy Pinder, the U18 champion for the last two years, with a storming climb back over The Haw to take the U18 title. This victory for Marc adds to his U16 title in 2009. Sean Carey from Todmorden finished third in the race and collected the Yorkshire silver with Jack Holder the bronze.

Twenty seven year old Katie Walshaw, fresh from winning the Whittle Pike English championship race the previous week, won the ladies £30 prize in a fast 27-23, finishing ninth overall. Close on her heels in tenth and collecting £20 cash was fourteen year old Bronwen Owen, making a remarkable recovery from her record-breaking win in the U14 race just twenty minutes earlier. GU16 silver medallist last year Charlotte Edge, also from Scarborough, won the Sarah



GU10 Laura Knowles gets her number signed by TV star Michelle Keegan

Photo © Dave Woodhead www.woodentops.org.uk



Yorkshire sponsor storming Norman Berry presents the FU18 trophy to Charlotte Edge



Yorkshire sponsor Hilary Berry presents U12 champion James Lund

Rowell GU18 Yorkshire trophy. Charlotte beat 2010 champion Caroline Lambert whilst 2009 GU16 champion Rosie Hellawell took the bronze.

After the presentation of the Yorkshire and open race awards by Hilary and Norman Berry,



Corrie star Michelle Keegan mixing it on the U14 & U16 start

who sponsor the Yorkshire Championship, the famous chocolate throw out ensued, with Hilary and Katie Walshaw doing the honours. A special mention must go to Hilary and Norman as this was their last year of sponsoring the event.

They have been stalwarts in supporting the junior championships and their enthusiasm has been inexhaustible. It is fantastic that another Holmfirth Harrier Wayne Byram has stepped in to sponsor the Championships through Byram Construction Ltd.

A very big thank you must go to Up & Running who supplied the race numbers. The race organiser Steve Moor and his partner Jo must also get a huge thumbs up. They had to put up the race tent in the thunderstorm and then had the task of organising the event – no easy feat!

Throughout the afternoon the rain kept trying

to dampen the proceedings, but with the Gala in full swing hosting a fun-fair, entertainer Circus Jim and Ozzie Ostrich, stalls, teas and cakes, a BBQ, hook a duck, children's novelty races and an awesome display of skill and nerve by double world junior trials champion Ben Slinger and the ever smiling Michelle Keegan it was a GRAND DAY OUT, if just a little wet at times!



Top: U14 girls L-R Lucy Williamson 4th, Molly Travis 2nd, Bronwen Owen 1st and Ellie Lambert 3rd
Middle: GU16 medallists L-R Zara Knappy 2nd, Champion Annabel Mason Et Ruby Skyes 3rd
Bottom: L-R U10s running out at the start

Boys Under 10 - Non Championship race

- 1st: Elliot Brett (Keighley & Craven)
- 2nd: Euan Brennan (Ilkley Harriers)
- 3rd: Logan Hargreaves Madhas (Wharfedale Harriers)

Girls Under 10 - Non Championship race

- 1st: Sunnivah Waterman (Holmfirth Harriers)
- 2nd: Lucy Shutt (Bingley Harriers)
- 3rd: Alex Baker (Pendle AC)

Boys Under 12 - Championship race

- Gold: James Lund (Keighley & Craven)
- Silver Charlie Lowrie (Wharfedale Harriers)
- Bronze: Josh Newbold (Wharfedale Harriers)

Girls Under 12 - Championship race

- Gold: Sarah Pickering (Ilkley Harriers)
- Silver: Lucy Byram (Holmfirth Harriers)
- Bronze: Erica Byram (Holmfirth Harriers)

Boys Under 14 - Championship race

- Gold: Lewis Byram (Holmfirth Harriers)
- Silver: Seth Waterman (Holmfirth Harriers)
- Bronze: Harry Muir (Wharfedale Harriers)

Girls Under 14 - Championship race

- Gold: Bronwen Owen (Scarborough AC)
- Silver: Molly Travis (Halifax Harriers)
- Bronze: Ellie Lambert (Wharfedale Harriers)

Boys Under 16 - Championship race

- Gold: James Hall (Wharfedale Harriers)
- Silver: Max Wharton (Calder Valley Fell Runners)
- Bronze: Brad Traviss (Halifax Harriers)

Girls Under 16 - Championship race

- Gold: Annabel Mason (Wakefield Harriers)
- Silver: Zara Knappy (Keighley & Craven)
- Bronze: Ruby Skyes (Holmfirth Harriers)

Boys Under 18 - Championship race

- Gold: Marc Scott (Richmond & Zetland)
- Silver: Sean Carey (Todmorden)
- Bronze: Jack Holder (Wharfedale Harriers)

Girls Under 18 - Championship race

- Gold: Charlotte Edge (Scarborough AC)
- Silver: Caroline Lambert (Wetherby AC)
- Bronze: Rosie Hellawell (Keighley & Craven)

My competitive urge came at an early age!

By 2011 FU16 Yorkshire, English, British and Irish champion Annabel Mason of Wakefield Harriers

Ever since I was young I've loved running. I started training with my dad, John when I was about seven because I was dead set on beating the fastest boy in my class in the annual fun run at Batley Primary School – my competitive urge came at an early age! I eventually succeeded in year 4 and afterwards I decided to keep running as it was something I enjoyed and was good at.

The first fell race I remember doing was at Settle when I was eight or nine and it was a disaster! I remember sprinting off flat-out at the start, certain I was going to win... and then dragging myself up what seemed like the

steepest hill in the world. I came about second to last. I remember being really disappointed, but it made me more determined to get better.

I train with my dad, which is fun because I love running in the hills and I can try and race against him. He inspired me to run when I was young as we always went to watch him at races. He's keen when it comes to running! This year he drove all the way up to Dundee to collect me from a school camp and then back down to Sedbergh, so I could compete in the uphill only championships. He then had to go back up to Dundee a few days later for work. This summer he also took charge of organising a local race called the Reindeer Romp which is very popular.

My Brother, Laurie, likes to do the occasional fell race but afterwards swears he'll never do another again – I'll have to try and get him addicted. He's more into music. He is currently working on grade 8 in bassoon and self taught himself guitar, drums, accordion and piano. Somehow he can play anything you tell him to – he's pretty good! He recently came back from a tour with Kirklees Youth Symphony Orchestra in Austria. My mum Ruth always comes to support us at races, come rain or shine. She enjoys gardening and cooking – she makes the best ever pasta and Yorkshire pudding!

We also share a passion for animals! At home we have six cats and my Border Collie, Rico, who also comes to support us at races. He used to come running with us but he's too old at 14 to do that now and prefers to watch us instead and eats anything he can get his paws on.

Hellifield Gala was my first time in the U16 category and I was really looking forward to it. I was pleased when I'd beaten the course record by 2 minutes 23 seconds. If that wasn't enough I came home with a big trophy and a tummy full of chocolate from the legendary chocolate throw out! It was a great day and I'll remember it for years to come. Oh, and my dad finished 6th overall in the senior race.

As well as running, I also enjoy playing netball, hockey and football and loads of other sports. I also love art; it's my favourite subject at school along with PE and science. I have recently discovered a new hobby which is cycling! I tried my first bike race at the Richard Dunn Sports Centre in Bradford and even though it poured down with rain, and I was lapped twice by the leaders, I put all my effort into it and really enjoyed it. In the future I hope to carry on enjoying sport and hopefully improve my cycling!

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Photo © Paul Wood



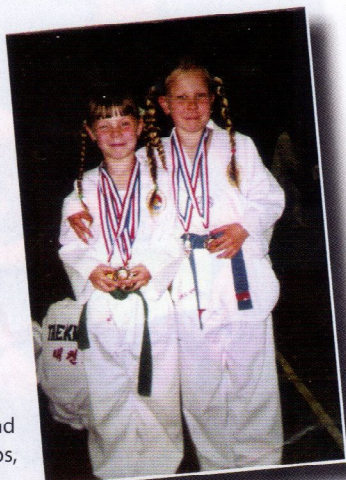
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Main picture: U16 champion Annabel & FU14 champion Bronwen Owen with Seth Waterman
Above: Annabel descends at the English schools fell at Sedbergh
Right: FU16 English Uphill champion Annabel

I love it - non-runners do not understand!

By 2011 FU18 Yorkshire champion Charlotte Edge of Scarborough AC

I first started running when I was about eight years old. I lived in Scotland at the time and began by entering some fun local races, which ignited my passion for the sport. When I moved to Spain about a year later, I joined a local athletics club called UCAM Cartagena and started running seriously on the track and in cross-country. During the next six years I won regional track and cross-country championships, qualifying for the Spanish nationals in both disciplines.



When I moved back to England in 2009 I was encouraged to try fell running, which doesn't even exist in Spain! I absolutely love it now - something which most non-runners do not understand!

So far I have achieved three junior England vests, have won a variety of local races and now have the Yorkshire Champion title!! Running in Spain is very different to running in England. I remember running a 3000m race in the Spanish National Championships when it was 46°C, and the officials decided it was not hot enough to provide water for the athletes! Aside from the weather, there are many other differences. The training sessions in Spain were a lot more intense, but there were only about four sessions a week. In Spain there is a lot more help for younger athletes who don't have the money to compete far away. Every year that I went to the Spanish championships my region provided me with a suitcase, a rucksack, a pair of trousers, a jumper, a sweater, a coat, two t-shirts, a polo shirt, a vest, a crop top, running knickers, shorts... the list was almost endless! We even stayed in a five star hotel for the weekend of the competition! The government provided a lot more money for grass roots sports, which encouraged more people to take part.

In England the standard of runners is generally higher though and the competitions are much more intense. A lot of people ask me which country I'd prefer to run in, and I really can't choose; each place has its good and bad aspects. It is hard for me to decide on a favourite type of race, but I think it has to be the long, hard races in the Northern Fell League; and muddier races are always better!

My best achievement was finishing 20th in the International Mountain Running Challenge in Slovenia earlier this year. I was really pleased to do so well and, unexpectedly, I was the first English runner back! Having the chance to run against countries like Russia and Italy was amazing, and the weekend away with the team was great. In the future, my aim is to become a senior international fell runner and my ultimate goal is to win a gold medal at the Commonwealth Games!

Not an easy one to reach

Next season, my aim is to continue representing England in junior international races and to wear a Great Britain vest at the world championships. This goal is not an easy one to reach though, and I have to put in a lot of hours training every week. I plan my training at the start of every week and it's tailored to fit in around my life and how I'm feeling, so it's hard to say what one week's training would look like. However, I typically do two long runs with my club (Scarborough AC) every week and another long run with my dad if I'm not racing at the weekend. I also do a speed session and a hill session, which vary a lot in what they consist of. I also like to cross train and enjoy swimming and cycling on my days off. Sometimes, I train twice a day when I have time, but this isn't very often as I spend most of my time at college. I do a lot of other things aside from the basic running sessions to improve my technique and my overall fitness. The hardest thing about training is finding places to do it. In Scarborough, there aren't many places to train. There aren't any big hills to do hill sessions on and we don't have a track to do speed sessions on. However, like my coach often tells me: where there's a will, there's a way!

When I'm not running, I enjoy going out with my friends, shopping and spending time with my boyfriend. I have always had an interest in sport and my family have always encouraged me to take part in as much sport as I could, as they are all sporty themselves. My dad Alisdair played a range of sports when he was younger including rugby and taekwondo, in which he is a black belt. My sister Kayleigh also did taekwondo when she was younger and achieved a black belt. She is now training with the aim of achieving a GB vest in race walking. She also dedicates a lot of her time to officiating and coaching. She has achieved many different qualifications in many sports, and has won awards for her volunteering in the sporting world. However, the person who has achieved the most in my family has to be my mum Mandy. When she was younger, she dedicated her whole life to bodybuilding. She achieved regional and national titles and even went on to win the European championships! However, she decided to give up when drugs began to be widely used within the sport - something which she is extremely opposed to.

When I was younger, I did a range of sports including taekwondo in which I am a red belt/black tag, and gymnastics in which my trio from Jaynell Gymnastics Club came fourth at the British Championships (a very long time ago!). Now, however, I only do fell running, cross country and some track in the summer as my training takes up most of my spare time. I also



Above: FU18 champion Charlotte Edge
Small insert: Young Charlotte & sister at Taekwondo

have plenty of homework, work experience and revision to do as well, because my career aim is to become a veterinary surgeon!

Finally, I would like to mention how lucky I am to be sponsored by HealthSpark Nutrition and to be endorsed by Hexx training gear. I must say a thank you to my coach Bashir Hussain and a huge one to my parents for supporting me and for always encouraging me to do my best, without them, I would be nowhere.

Main achievements to date;

2011

5th in UKA mountain running trials in Blackburn which led me to be selected for Junior Home International in Wales
Chosen for England team that went to Slovenia for International Youth championships- 20th & 1st England runner
Yorkshire fell running champion U18
1st U23 runner in Northern Runner summer and winter fell league
2nd North Yorks Schools cross country and was selected to run at English Schools XC championships

2010

Selected for England team for Junior Home International - 9th place/second English runner.
North Yorks Schools champion 3000m
7th in North Yorks schools xc and selected to run at English Schools championships
20th in Northern XC championships
2nd U17 North Yorkshire and South Durham xc league
4th English Schools Fell championships

The Championships are always a great day out

By U18 Yorkshire and British and Irish champion Marc Scott of Richmond & Zetland

I was very proud to win the Yorkshire U18 title, as I have also won the U16 title and one day hope to win the senior title at what is one of my favourite courses. An added bonus this year was the £30 prize for being the overall race winner. The Championships are always a great day out, with many things going on and a celebrity guest who this year was Michelle Keegan, an actress off Coronation Street.

I am 17 years old and live in North Allerton, North Yorkshire. I started running competitively at the age of 10, when I joined my local running club Richmond & Zetland Harriers based at Catterick Garrison. We are a relatively small club with about 70 members. Club training nights are Tuesday and Thursday from 6-7.30pm at the Catterick Garrison athletics track which is owned by the army. My first ever race was when I was in primary school aged 7; a cross country involving all local primary schools around my area with approx 100 runners. To my surprise I won this race and my career has developed from there.

I take part in cross country, fell/mountain running, road racing and the odd track race, at local level to World Championship level. My favourite race has to be the Inter County cross country championships, where I have represented the mighty Yorkshire for the past six years. We usually have very strong teams and are always in contention for the medals. My best position in this race is 7th at U17 level in March 2011. This is my favourite race because there are always great runners to compete against, there is a fantastic atmosphere and finally it is filmed by Sky Sports, which I enjoy watching for weeks after the race.

As well as my running I used to play football for my local team, Northallerton Town. I played in the centre of midfield, which involves a lot of

running and tackling, something which I found out I was good at, being described by the coach as the "engine" of our team. Football had to be sacrificed at the age of 14 because of an injury I received which messed up my racing for that season. My only other sport is badminton which I play about twice a week at the local leisure centre who kindly give me free membership under a Talented Sports Person Scheme.

In my spare time I like to go out with friends, have a kick about and, as the majority of 17 year olds do nowadays, sneak off to the *** and have a few drinks, racing permitted! My favourite food is chicken parmesan; many will not be heard of this as it is a northern delicacy, founded in Teesside! I am also partial to sweets and chocolate. I don't have a specific favourite genre of music, I like many songs from all genres, even some from the 80's!

I have three brothers, all older than me, but being a triplet - which people often find hard to believe - there is not much of an age difference. There is only a couple of minutes between Rob, Ben and myself; obviously all 17. We are not identical! My eldest brother, Luke, is 19 years old. I am the only one who runs, and is classed as "sporty". However, Rob used to run and still plays football. My parents Kevin and Julie, have to put up with us all, and give up the majority of their weekends to take me racing all over the country in my pursuit to get to the top in my chosen sport which I am very thankful for.

My coach, Ken Harker, is also a member of my club and has coached me now for nearly two years. He has lots of experience due to his successes in running for Great Britain at 800m. He puts a lot of time and effort into my training, which has resulted in me representing England at U16, U17 and U18 level at Mountain Running. I was recently selected to represent Great Britain (Junior Men) at the World Mountain Running Championships in Albania on the 11th September 2011. My best race to date would have to be the U17 World Mountain Running Championships held in Italy in September 2010. I finished in 9th place, and was first home for England. This gave me the rank of 9th in the world (U17) for mountain running, which I am very proud of.

My "Hero" in the sport has to be Mo Farah because of his attitude and determination, and seeing him on TV win the 5000m World Championships was outstanding. He has



Yorkshire U18 champion Marc wins at Hellifield ahead of Billy Pinder

Photo © Paul Wood

recently gone to train in America which I hope to do if I am successful in gaining a scholarship at an American University after my A levels in 2012. I am currently studying PE, Geography and Psychology at Northallerton College and quite fancy the idea of being a PE teacher.

My weekly training programme consists of;

- Monday: Steady 40 minute run & Gym.
- Tuesday: Train at Club, usually a road/hill session.
- Wednesday: Steady 40 minute run & Gym.
- Thursday: Train at club, track session.
- Friday: Rest (sometimes Gym)
- Saturday: Race or a long hill session.
- Sunday: Race or a 60-90 minute run, off road.

Main achievements to date;

- 17th/first GBR junior athlete in the World Mountain Running Championships 2011
- 2011 U18 British and Irish champion
- Gold team medal for England at the Home International
- 9th in the U17 World Mountain Running Championships 2010 competing for England
- English Schools Fell Champion 2009
- Home International Fell Race 2nd - 2009
- FRA U18 Champion 2010
- Inter Counties XC championship - 7th 2011
- Yorkshire Fell Champion At U16 & U18
- Harrogate Summer Road Race League - Champion 2010 & 2011
- Yorkshire Dales Road Race Series - Champion 2011
- Virgin London Mini Marathon- 5th 2011

Marc running for England in 2009 at the Home International

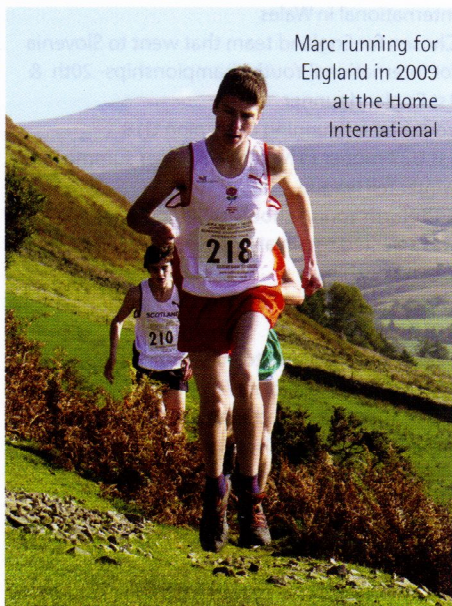


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“Ballet an aid towards my running”

By FU14 Yorkshire champion Sarah Pickering of Ilkley Harriers

My first race was at Ghyll Royd School as part of the Wharfedale Cross Country League. I was eight years old so ran in the year four race. The ground was wet and the clouds were murky but despite the conditions I found myself loving the atmosphere and the competition. I went on to compete in the other races in the league. I started to train a bit with my dad about once a week and went along to Ilkley Harriers Sports Hall sessions on a Monday. Not long after, I joined Wrights Theatre Arts or W.T.A. Dance Academy as dance was another one of my interests. I soon found myself benefitting from the amount of core strengthening and pilates in my ballet sessions. We also do a lot of stretching which helps me in my running because I can take long strides over difficult terrain without any worry of injury. So ballet has become an important part of my overall training.

In the past I have taken part in a number of performances like Alice in Wonderland, Peter Pan and Tales of Beatrix Potter where I played the part of Benjamin Bunny. I am currently in intermediate foundation, but before that I took my grade 4 exam and got a distinction which is my best mark so far!

I started attending Ilkley Grammar School in September 2010 and we qualified to run in the English School Cross Country Cup final at Alnwick. Although I came 22nd it was still an amazing experience and one I am most proud of. Later on in the year the track season started which was a completely new and enjoyable experience. It was especially so because I ran in the English Schools Track and Field Cup final at Oxford, where I finished third in my 1500m heat

with a new pb by seven seconds.

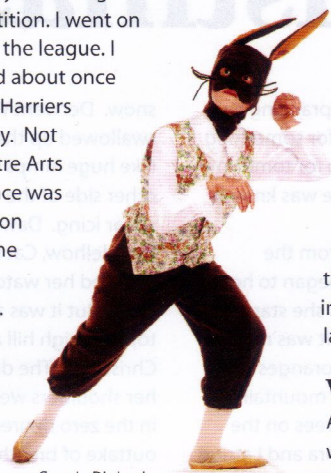
Although I enjoy running track and fell running I think I prefer cross country overall, because running on the track you're just going round in circles and there's no excuse for slowing the pace slightly. In cross country if you're going over a bit of difficult terrain it's more fun and you can have a bit of a breather when you reach the top of a hill; similar to fell running. One thing about the track I do like is how accurate the timing is, so you can always improve on it right down to the last tenth of a second!

Worked well for me so far

At the moment a typical week of training would be speed endurance on Tuesdays around Ilkley tennis field with

Ilkley Juniors. On Wednesday its Inter Foundation ballet; on Thursday I go for a steady 20-30 minute run with my dad; Fridays its jazz and choreography, then finally on

Saturday I'll go out with some of the Ilkley Harriers on the moor for an hour in the morning. I then do two and a half hours of senior associates ballet in the afternoon. When a race is coming up, depending on the importance of it and when it is, I will alter my training. For example, if the race is on the Saturday and it's a West Yorkshire I'll just go out for an easy 10 minute run with my dad so my legs aren't too heavy and not do my ballet on the Friday. If the race is in the morning I'll try and be back in time to do my ballet session. This has worked well for me so far, although depending on whether it's



Sarah Pickering as Benjamin Bunny



FU12 champion & new course record holder Sarah Pickering

the track or cross country season I might work on my speed a bit more, but generally I tend to keep the same pattern going.

When I'm not training or doing my homework I'm often reading some of the classics like Alice in Wonderland or Oliver Twist. At present I am reading Black Beauty. I also like going on my laptop but as the internet turns off at 9pm I often read long into the night. I also collect postcards from all the places I have been to, from Monaco to Dent!

An aim I have set myself is to run for my county on the track or cross country. Like my dad, Malcolm, along with my brother James, sister Anna and Mum Sally we all run for Ilkley Harriers. We often go along to races as a family, but depending on the course and the categories we might not all run. At the moment my Mum plays her fiddle in the ceilidh band 'Cup and Ring', along with my dad who calls. My sister Anna has a passion for cooking, every so often she brings things home from school for us all to eat. While Anna likes to be in the kitchen cooking, James will spend hours in a canoe on a lake. My twin brother, unlike me, is very good at downhill running. I'm better at the uphill, so we want to compete in a relay that allows us to run one leg up the hill and hand over to the other to go down again!

I don't listen to music a lot at all, in fact I'd much rather read a book. It's the same with food: I'd much rather have some chocolate than the last few soggy brussel sprouts in the bottom of the vegetable bowl. In my spare time I might play a game of swing ball with my brother or take Jess, our loud, determined two year old family Border Collie out on the moor.

The Pickering clan L-R Sarah, Anna, Malcolm, Sally & James



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