

Junior 2011 British & Irish Fell Running Championships & Home International

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BU16 team medallists



GU16 Team medallists



BU18 team winners

WOMEN U18

1	30.43	Ffion Price	Wales	Brecon AC
2	32.05	Laura Riches	England	Leigh Harriers
3	32.22	Louise Hill-Stirling	Ireland	Ayr Seaforth & Clonliffe
4	32.41	Beckie Taylor	England	Blackburn Harriers
5	32.50	Meghan Ryan	Ireland	DSD
6	33.02	Amber Watson	England	Stroud & District AC
7	33.16	Rhianwedd Price	Wales	Brecon AC
8	33.53	Caroline Lambert		Wetherby
9	33.56	Halina Rees	Scotland	Fife AC
10	34.02	Sarah Livett	Wales	Menai Track and Field

MEN U18

1	26.56	Marc Scott	England	Richmond & Zetland
2	27.15	Joseph Johnston	England	Rossendale Harriers
3	27.32	Jack Ross	England	Staffordshire Moorlands
4	27.56	Joshua Griffiths	Wales	Carmarthen Harriers
5	28.00	Hugh Armstrong	Ireland	Ballina
6	28.10	Jake O'Regan	Ireland	St Johns Clare
7	28.17	Nathan Jones	Wales	Colwyn Bay AC
8	28.21	Craig Campbell	Scotland	Inverness Harriers AAC
9	28.30	Oliver Lockley	Isle of Man	Manx Harriers
10	28.47	Dominic Mahoney	England	Blackburn Harriers

JUNIOR WOMEN U16

1	27.44	Annabel Mason	England	Wakefield Dist Harriers
2	30.42	Clare McCarthy	Ireland	DSD
3	30.55	Katie Buckley		Bury AC
4	31.19	Megan Withers	Wales	Pembrokeshire Harriers
5	31.33	Georgia Malir	England	Ilkley Harriers AC
6	32.11	Oonagh Dunnett	Scotland	Edinburgh AC
7	32.15	Sorcha Humphreys	Ireland	DSD
8	32.22	Shannon Johnson	England	Leigh Harriers
9	33.06	Rosie Hynes	Ireland	Swinford
10	33.31	Rebecca Evans	Wales	Pontyclun AC

JUNIOR MEN U16

1	25.15	Killian Mooney	Ireland	DSD
2	25.58	Max Wharton	England	Calder Valley
3	26.12	Bradley Travis	England	Halifax Harriers & AC
4	26.23	James Hall	England	Wharfedale Harriers
5	26.29	Iolo Hughes	Wales	Menai Track and Field
6	26.46	Andrew Lawlor	Scotland	Law & District AAC
7	26.50	Daniel Lawler	Ireland	St Laurence O'Toole
8	27.00	Christian Lovatt	Wales	Carmarthen Harriers
9	27.08	Gwynant Jones	Wales	Maldwyn Harriers
10	27.08	Kristian Edwards	England	Tamworth AC

'It was like Christmas'

By new England International Georgia Malir of Ilkley Harriers

I started running about five years ago, but then I was a reluctant runner and spent the duration of any cross country race I did jogging round at the back, having a chat with my friends. About a year later I realised that I really enjoyed running and might actually be quite good at it. That's where it started; I joined Ilkley Harriers and soon enough the memory of gossiping at the back is something I only laugh about! Nowadays I take every opportunity I can to put on my running kit and go out on my favourite four mile run near where I live. My mum, Sally who also runs, is proud to say she is my coach, she helps me plan speed work around the local cricket pitch or hill reps, about twice a week. She also makes sure I have days off too! And along with my dad, Richard they are my and my sisters Grace and Evie's personal taxi drivers, not just to running events, but to hockey matches and other sports fixtures too. It was whilst I was at hockey training one night that my mum told me that the England selector, Bashir, had rung. I couldn't concentrate on my hockey for the whole session, eager to call Bashir back, although there was still the doubt in my mind that he would be ringing

with bad news! Finally I got home to return the call, I was in the England team! Racing is my favourite bit about running, so it was no wonder I didn't feel like I slept at all, from the moment I put the phone down to the moment I was stood on the start line in my England vest.

On Saturday I woke up after a difficult night's sleep and ate my racing breakfast, a big bowl of porridge, before heading off with my family to a rainy North Wales, which is good because I love running in heavy rain. The team met at The First Hydroelectric Visitor Centre, where everyone sat in the busy cafe waiting for Bashir to arrive with our England kit. We waited there a while, I sipped Powerade the whole time, even though I thought it tasted vile! Then the team managers arrived. It was like Christmas when we were handed a rucksack stuffed with kit displaying the England red rose. After a quick team talk we went off to put on our new England vests. When everyone was in their red jackets with England Athletics Team written on them, I have never felt more proud.

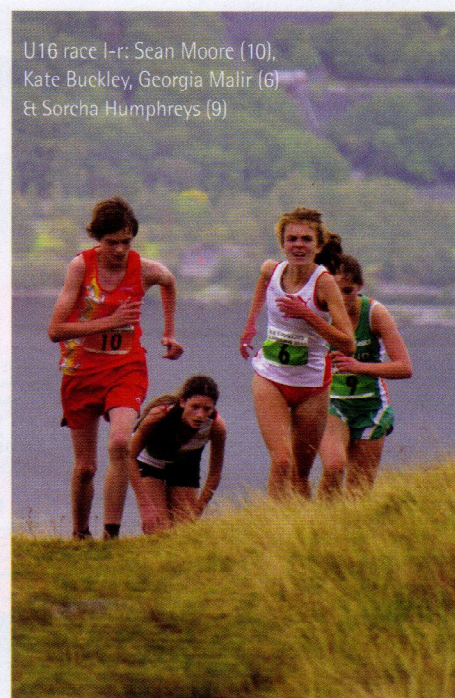
Before I knew it, I was on the start line and I could hear the starter counting down in what I

am guessing was Welsh to set all the U16's off. Surprisingly, I didn't feel too nervous, maybe it was because I knew I had done all the training I could, or maybe I was so excited I had forgotten about what I was about to do. We were off and suddenly I was half way up a mountain telling my legs to keep running, looking down at my England vest for motivation and doing what I always do when I am working hard, desperately shaking my head at my dad. I reached the top in fifth position and because I am not very confident at descending tried to let myself go down the hill. This time when I saw my dad I was nodding my head, telling myself that I could catch the girl ahead of me. I did feel as if I was closing the gap in the flat stretch to the finish, but I didn't manage to finish higher than fifth. I was pleased with the result, and the news that the England girls, Annabel Mason, Shannon Johnon and I, had won team gold medals, made the wait for the presentation even more exciting.

After standing on the podium with an England flag in one hand and a gold UK athletics medal in the other, I am even more determined to be back in my England vest next year, roll on 2012!



GU16 winners take to the podium, l-r: Clare McCarthy, Annabel Mason and Katie Buckley



U16 race l-r: Sean Moore (10), Kate Buckley, Georgia Malir (6) & Sorcha Humphreys (9)

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'It was just a perfect day'

By British & Irish FU16 Fell Running Champion Annabel Mason of Wakefield Harriers

This was the best experience I've ever had! I was so excited the night before and on my journey down to Wales – I couldn't believe I was going to run for England! When you put on all the kit, you feel a great sense of pride, and also disbelief, that you've got that far.

I didn't know what to expect from the race. My dad, ran in the senior race and came eighth, so told me that there was a very steep tarmac road going up the hill and that we had to come back down it as well. I felt nervous as

I didn't know what the other competitors from the other teams were capable of, but I ran the race as I usually do. After a fast and furious start along the flat road, we eventually got onto the steeper stuff. I started to pull away from the pack and after a testing climb to the top, pounded my way back down the tarmac path (my legs were so sore for days after!) It was a privilege to finish with the England flag around my shoulders and I felt like a professional athlete crossing the line! I was

thrilled that I'd won!

The whole day had an amazing atmosphere and it was a real inspiration to watch all the elite athletes hurtling towards the finish. When the time came for the presentation, I felt so ecstatic to stand on top of the podium holding my gold medal, and even more so when England had claimed all the team prizes!

It was just a perfect day and I loved every second of it – I hope to come back next year and relive the whole experience again!

Dragon face paint & hair spray

By now 3 times Junior British & Irish Fell Running Champion Ffion Price of Brecon AC

I'm 17 years old and known to my friends as Skunk. Many people will recognise me for my old, tatty hat that I wear every time I race. I love this hat because my mum bought it for me from a visit to the Millennium Stadium. I was so proud of it when I first got it that I wore it everywhere, everyday!

I started running when I was seven and have run ever since. My favourite race so far has been the World Youth Mountain Running Championship in Italy where I came first. I don't think I will ever forget the feeling of standing on the podium, listening to my national anthem. I loved the course and the atmosphere; it was a truly great trip. This year I had the chance once again to run in the World Youth Mountain Running Championship in Slovenia. It was great and I thoroughly enjoyed running the course.

I often run alongside my twin sister,

Rhianwedd, who is an amazing training partner and friend. She is constantly improving, showing huge strength and is getting closer and closer to beating me! Argh scary! My parents, Derek and Yvette have always been very supportive, especially my mum who always manages to drive us wherever we need to go. She keeps me going, tells me where to run and motivates me to get out and achieve my goals. She's always there to give me confidence and incentive to keep going. She isn't just my mum; she's a true friend and a brilliant coach.

This years race seemed a lot harder than previous years, in my opinion it was a lot tougher than last year. Moving up an age group and also having to run the furthest distance I have ever run on a tough course was a challenge. Building up to the race I was relaxed and we were all just enjoying ourselves, mixing with the Irish, English

and Scottish, us putting dragons and sheep face paint on and spraying each others hair in Welsh colours, while the other teams were doing similar. I felt there was quite a bit of pressure on me, but I kept calm. For the first half of the race I thought I would be lucky to come third, but as the descent began I gained confidence and places. I was so pleased and thankful to come first, our team of Rhianwedd, Sarah Livett and myself finished with silver medals. I just can't wait for next year! I love fell running and have made so many good friends from all over Europe.

There have been a number of people who have helped me throughout my running career, including an incredible little club called Maldwyn Harriers who I train with. Dave Peters, Chris Coupers, Martin Coupers and Mark Saunders have all helped me so much throughout my running and always keep my feet on the ground. They never let me get big headed and always make training a good laugh. Derek Osborne who is Brecon Athletic Club and the gang there have also been a help, letting me run for them and entering me for various competitions. Others who have had a major impact on my career are Kevin Evans, who has given me much advice and help throughout the year. John Griffiths has also always kept an eye out for me and given me little tips and advice to help me along the way. For all of this I am truly grateful.

Achievements-

- 2009 British & Irish Fell Running Champion
- 2010 British & Irish Fell Running Champion
World Youth Mountain Running Champion
- 2011 British & Irish Fell Running Champion
Fifth in the World Mountain Challenge
First GB vest for European Uphill Championships, coming 14th
Commonwealth 1500m Champion
Celtic 1500m Champion

Ffion Price on her way to gold



GU18 winners take to the podium, l-r: Laura Riches, Ffion Price and Louise Hill

England take team Gold in BU16:
Kristian Edwards, Max Wharton,
James Hall & Bradley Travis



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