

Dreams do come true!

The 2012 Yorkshire Championships

Ee Bah Gum, in 2007 when 19 year old Alistair Brownlee won the U23 Yorkshire championships and set the current course record for the Hellifield Gala senior race, he dreamed of going to the Olympics. Obviously dreams do come true, because he is now the Olympic Gold medallist for the Triathlon from the London 2012 Games, where brother Jonny won a Bronze medal.

Three days previous to Alistair and Jonny's magic moments in London, those Yorkshire championships were held again at Hellifield Gala and who is to say that in years to come more dreams will not come true.

The Jubilee Village Gala theme was 'Best of British' which was apt, considering that Britain won 29 gold, 17 silver and 19 bronze medals, a grand total of 65 medals in all. Athletes from Yorkshire contributed with 7 gold, 2 silver and 3 bronze and in fact, if the Brownlees had been a country themselves they would have finished 49th on the medal table ahead of such nations as India, Bahamas, Belgium, Estonia, Finland and even Greece where the Olympic Games began.

The 'bad boy' of Coronation Street, David Platt, played by Jack P. Shepherd, opened the proceedings, signing autographs, mingling with the crowds and also starting the junior races.

As always, children's entertainer Circus Jim kept the little ones amused, while the musical entertainment was in the marquee, where traditional tea and cakes were served by the Hellifield WI.

But it's the fell racing and with it the championship trophies and medals on offer which draw the biggest crowds, thanks to new sponsors **Byram Construction Ltd.**



The U10s are off

Despite the threat of showers, the fine weather prevailed and the first event, the U10 race, attracted a record 47 runners. Holmfirth Harrier Callum Durrans proceeded to finish in a fast 4-25, taking 11 seconds off Jake Steade's 2009 time, with Eric Beaumont and Jonny Thompson second and third. The Keighley and Craven club supplied the first and second girls in Lucy Fryers and Emma Thompson, Jonny's sister, with Ilkley's Emily Elmes third. Although not a championship event, the winners of the U10 race still recieved a signed picture of Ali or Jonny and a 2kg tin of Quality Street, while the second and third were rewarded with boxes of Roses or Heroes, just like in the championship, but minus the medals of course.

Wowee, what a finish in the U12 race, with the first three athletes fiercely sprinting for the finish line and all three clocking 7-55 and thereby all beating the old record by six seconds. English U12 champion and Lancashire lad, Joshua Boyle of Hyndburn just had the edge to win from

Thomas Nelson and Joshua Dickinson, with Josh Newbold taking Yorkshire bronze. Natalya Irvine, now running in the colours of Blackburn Harriers, only eighth last year, won the girls race, improving her time by a minute to finish in 9-25. But it was a happy Lucy Shutt who won the Yorkshire trophy and gold medal, chased in by her Bingley team mate Olivia Roper, while Keera Nelson collected the bronze, with 32 runners finishing the run to Haw Summit and back. Lucy and Keera had run in the U10 race last year, so are showing their promise – one wonders what the future holds for these young athletes.

Last years U12 champion, James Lund, still only 12 years old, moved up to the U14 category and won that title from Jack Denton and Robert Thompson. James has had a cracking year, finishing second in the English championships to Chris Richards and third in the English Uphills – maybe James is a Brownlee for the future? Remember dreams can come true. Travelling all the way from sunny Scarborough Emma



Seniors are GO

Photo © Dave & Eileen Woodhead www.woodentops.org.uk

Photo © Dave & Eileen Woodhead www.woodentops.org.uk

Clapton, fourth last year in the GU12 category, was rewarded with the Sarah Rowell Three Peaks salver perpetual trophy finishing fifth overall. Victoria Merrick, profiled in the Summer 2012 Fellrunner – Bunny Runs, won silver while English bronze medallist Ellie Lambert, collected yet another bronze in the Yorkshires.

The colour gold obviously suits James Hall, because he won the U16 title just like last year, which is exactly what he has done in the English championship. James also won the English Uphill this year and the first ever Junior UKA Inter County title, along with finishing fourth in the World Mountain Running Youth Cup in Ireland. Lancashire lad Jacob Boyle finished second so the Tyke silver went to Edan Whitelaw and the bronze to Eddie Hinchcliffe.

Ilkley Harrier's Lucy Williamson, fourth GU14 last year, has shown what dedication and hard work can reward you with, as this year she took gold in the GU16, with Ruby Sykes taking the silver and Leah Ogden the bronze.

The U18 and U23 runners ran with the seniors, and it was Halifax Harrier Joe Crossfield who won the race outright and with it the U23 gold medal. Second and first V40 was Alistair Rees, before more youngsters finished with eight in the top ten. Local lad, James Craig, took the U23 silver with Matthew Athersmith the bronze, with third and fifth overall. In fourth place Gordon Weight showed his promise, taking the U18 title with Sam Haggart taking silver and Edward Evans bronze. First lady back and the new Yorkshire

U18 champion was Zara Knappy of Keighley & Craven. The U23 title went to a delighted Emma Dodd of Wharfedale Harriers, both these girls just wouldn't stop smiling, they were so overjoyed.

Once the trophies, medals, signed Brownlee photos and tins and boxes of sweets had been given out by Wayne Byram to the Tykes it was time for the Hellifield race organiser Steve Moor to present the actual proper race prizes. Then to finish the day off, it was the exciting chocolate throw out, which is always a sight to behold and so much fun. Then tired runners headed home after a grand day out at Hellifield Gala yet again to dream of what is to come, **remember dreams can come true, just ask Alistair Brownlee, THE NEW OLYMPIC CHAMPION.**

So much fun and I find it a phenomenal challenge

by FU18 Yorkshire & FU17 BOFRA champion Zara Knappy of Keighley & Craven A.C

Photo © Paul Wood



FU18 champion
Zara Knappy



Zara Knappy with
Florence Haines
& Charlotte Edge
showing off their
Yorkshire vests at
the Inter Counties

Photo © Dave & Eileen Woodhead www.woodentops.org.uk

Hi, I'm Zara a 16 year old, well and truly hooked on running.

It all began in 2006 when I competed in my first ever race at Myrtle park in Bingley. It was a schools race and I was representing Oakworth Primary school; I found the race a struggle and finished in 23rd position, but absolutely loved every minute of it. I saw the girls who had finished in the top three positions receiving prizes for their achievements and I thought to myself 'I want to be like those girls one day.' I competed in the exact same race the following year and completed the course in a quicker time, but I had finished a disappointing 50th – I couldn't understand what had happened, but I knew that I wanted to improve.

I became an official member of Keighley & Craven AC in January 2008 and this is where I was introduced to fell running. One of my first fell races for Keighley was the Soreen Stanbury Splash Quarry Runs up on top of Penistone Hill. I remember being stood in the bottom of the quarry and looking up at the hill and thinking "Oh no!" After finishing the race and leaving in the car with a smile on my face, a goody bag and a pocket full of sweets from the chocolate throw out, I knew that this was a sport for me... I never

in a million years thought that I would enjoy running up steep hills and throwing myself back down them again, but it seriously is just so much fun and I find it a phenomenal challenge.

As well as fell running I enjoy Track & Field athletics, cross country and netball. In 2009 I was triumphant in gaining a place on the West Yorkshire Sportshall Athletics squad. West Yorkshire as a team were the champions at the regional finals in Halifax and I personally claimed silver in the 4 lap race and bronze in the high jump. This set of performances earned us a place into the UK Finals down in Birmingham where I represented Yorkshire for the very first time. This was a great experience for me as it was the highest profiled sporting event that I had ever been involved in and I felt extremely lucky to be a part of it. I also found that from this my fitness was much better and the next year I was selected to be a part of the County Academy Netball squad. I played for them for two consecutive years, but I decided to leave this year so that I could concentrate all my efforts on running – which is where sport had started for me altogether.

I'm not the most confident person in the world so when Yorkshire selectors Dave and Eileen

Woodhead asked me to be part of the Yorkshire Fell team for the Junior Inter Counties race in the Shining Tor race earlier this year, I was overjoyed and proud to be wearing a Yorkshire vest! It was definitely the most nerve racking fell race that I've been involved in, because I just didn't know what to expect at all. I finished in sixth position and helped Yorkshire towards securing the silver medals with Charlotte Edge and Florence Haines in the GU18's category. It was brilliant, but hard work at the same time – though I always think that the harder you have to work for something the more it means to you.

I'm a typical teenager in the sense that I love going shopping with my friends and listening to music. I'd say I listen to MGMT the most because their music is laid back and they have a really individual sound. My least favourite thing to eat is mushrooms – purely because they look like slugs and have a really rubbery texture - **yuck!**

In the future I wish to become faster, fitter and stronger in the hope that I will one day achieve my lifelong ambition of competing in an Olympic Games. I know it will take a lot of hard work and perseverance, but I'm willing to give it everything I've got with the support of my coaches.

2012 Yorkshire Championship medal table

BOYS UNDER 12 YORKSHIRE CHAMPIONSHIP		
G	THOMAS NELSON	WHARFEDALE
S	JOSHUA DICKINSON	YORK
B	JOSH NEWBOLD	WHARFEDALE
GIRLS UNDER 12 YORKSHIRE CHAMPIONSHIP		
G	LUCY SHUTT	BINGLEY
S	OLIVIA ROPER	BINGLEY
B	KEERA NELSON	WHARFEDALE

BOYS UNDER 14 YORKSHIRE CHAMPIONSHIP		
G	JAMES LUND	KLY & C
S	JACK DENTON	CALDER
B	ROBERT THOMPSON	KLY & C
GIRLS UNDER 14 YORKSHIRE CHAMPIONSHIP		
G	EMMA CLAPTON	SCARBOROUGH
S	VICTORIA MERRICK	BINGLEY
B	ELLIE LAMBERT	WHARFEDALE

BOYS UNDER 16 YORKSHIRE CHAMPIONSHIP		
G	JAMES HALL	WHARFEDALE
S	EDAN WHITELAW	CALDER
B	EDDIE HINCHCLIFFE	HOLMFIRTH
GIRLS UNDER 16 YORKSHIRE CHAMPIONSHIP		
G	LUCY WILLIAMSON	ILKLEY
S	RUBY SYKES	HOLMFIRTH
B	LEAH OGDEN	SCARBOROUGH

BOYS UNDER 18 YORKSHIRE CHAMPIONSHIP		
G	GORDON WEIGHT	BINGLEY
S	SAM HAGGAR	WHARFEDALE
B	EDWARD EVANS	WHARFEDALE
GIRLS UNDER 18 YORKSHIRE CHAMPIONSHIP		
G	ZARA KNAPPY	KLY & C

MEN UNDER 23 YORKSHIRE CHAMPIONSHIP		
G	JOSEPH CROSSFIELD	HALIFAX
S	JAMES CRAIG	WHARFEDALE
B	MATTHEW ATHERSMITH	WHARFEDALE
WOMEN UNDER 23 YORKSHIRE CHAMPIONSHIP		
G	EMMA DODD	WHARFEDALE



GU16 - Ruby Skyes, Lucy Williamson Et Leah Ogden



James Craig with his U23 silver Et Emma Dodd with her U23 gold medal. James won the U23 BOFRA title



What a finish for gold: Thomas Nelson Et Joshua Dickinson



First 7 men home, Sam Haggar, Joe Crossfield, James Craig, Matthew Athersmith, Gordon Weight Et Alistair Rees



Lucas Parker and Robbie Johnstone neck and neck



Photo © Dave & Eileen Woodhead www.woodentops.org.uk

U14 champion Emma Clapton takes the appreciation of the senior runners

I am thrilled that my hard work has paid off

by Yorkshire GU14 and English Schools Year 8/9 Fell Champion Emma Clapton of Scarborough Athletics Club

I am 13 years old and I have been a member of Scarborough AC for almost two years. I first got into running when I joined the running club at my Primary School, Thornton Dale C of E Primary, when I was about eight. I took part in a couple of local races including the Kirkbymoorside 1 mile race and I was reasonably successful. I was encouraged to try cross-country which I really enjoyed. I then went along to Scarborough AC with my friend Bronwen Owen and it went from there! My coach at Scarborough, Mike Willis, realised that I like cross-country courses which are muddy and hilly and suggested that I try fell running.

As well as being a member of Scarborough AC, I am also a member of Scarborough Swimming Club. My coaches are Sam Greetham and Nathan Renshaw. I initially just went to my local swimming club to learn to swim when I was five, however this progressed as I enjoyed it so much. I don't find swimming up and down boring! In the Summer months I also do open water swimming. I am really lucky as my club has an open water section. I normally swim for two hours which I think really helps with my endurance for running. I take part in swimming and also triathlon events. I am the current 13/14 year old Yorkshire and Humberside Triathlon Champion.

I live in a village close to the market town of Pickering in North Yorkshire with my mum Sarah, dad Carl and eleven year old brother Sam. I have a growing collection of pets including two sprocker spaniels, Gem and Kate, who love to run with me! Obviously most of my spare time is taken up with running, cycling and swimming,

but I also enjoy music and play the piano and the flute. I am working towards Grade 5 on both instruments and at Christmas I play with the school orchestra at the town Carol Service.

My aims for the 2011/2012 season were to try to win the North Yorkshire South Durham (NYSD) Cross Country League and to qualify for the triathlon Inter-Regional Championships to be held in September 2012. I did win the NYSD league and have qualified for the Inter-Regional Championships, so I am thrilled that my hard work has paid off. I also was part of the Yorkshire Cross Country team at the Inter-Counties event, the North Yorkshire Schools team for English Schools and the Yorkshire and Humberside team for the London Mini-Marathon. At the National

Cross Country event at Parliament Hill in London I finished in seventh place and I was very pleased with the result.

I really enjoy the Hellifield course and think that it being part of the gala is fun! I have taken part in the event for two years now. I am looking forward to taking part in the English Schools Fell Race at Cockermouth in late September, where my brother is also going to compete in the event for the first time. I would like to say thank you to my coach Mike Willis at Scarborough and also to Dave Parry who organises a local series of junior fell races which I love taking part in, they have been great training for my brother and I. Dave Parry also provides great prizes in the form of large boxes of chocolates!!!



U14 champion Emma Clapton climbs back over The Haw

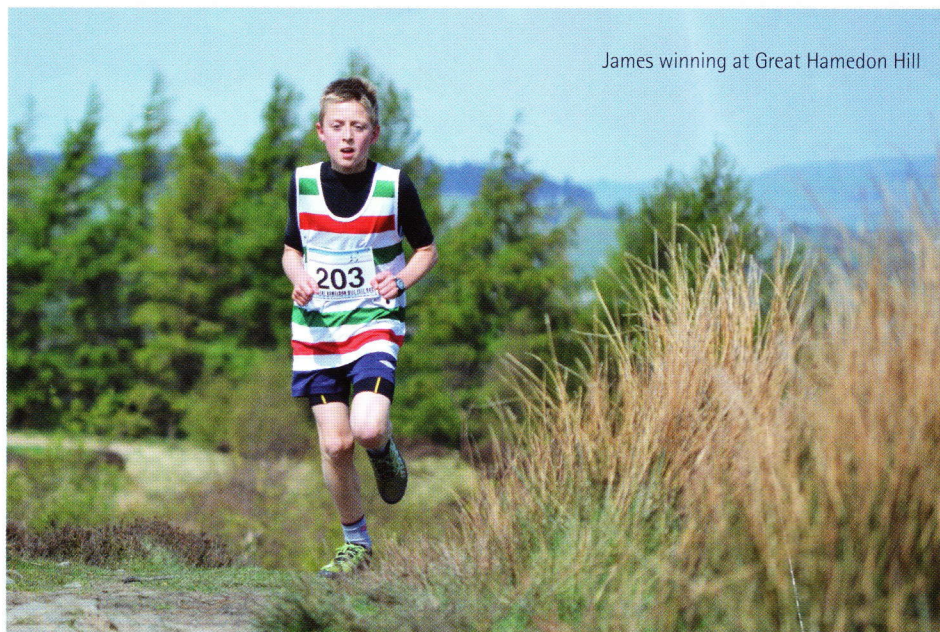


Emma Clapton with the Sarah Rowell trophy & Gold medal with sponsor Wayne Byram

Photos © Paul Wood

If I don't win, it's fine, as long as I have tried my best

by BU14 Yorkshire & BOFRA champion James Lund of Keighley & Craven A.C



James winning at Great Hamedon Hill



2012 English Silver Medallist James Lund winning here at Cowpe

Photos © Dave & Eileen Woodhead www.woodentops.org.uk

My name is James Lund, but I like to be called Jimmy and I am 12 years old, but nearly a teenager. I live in Keighley with my mum Cheryl, dad Chris and my older sister Becky who is 18 years old. I go to Ermysteds Grammar school which is in Skipton where I sometimes do running training after school. Last year, when I was in year 7, I did a lot of races with school, including fell and cross country.

I first got into running when I was at Nessfield primary school. I competed in the local schools cross country races and I really enjoyed it, I usually came in the top three and really enjoyed running in the open spaces. I was then asked by Loz Hellawell, a coach from Keighley and Craven AC, if I wanted to join the club. At first I didn't think I would have the time to do the training or the races because of my swimming. However both I and my parents decided to attend the Tuesday night Keighley training session and I have continued to do this most weeks, running on the track.

As I stated in the previous paragraph I don't just do running, but swimming as well. I got involved in swimming through my sister as she used to swim competitively when she was my age. I learnt to swim when I was four years old and was able to compete in swimming galas when I was nine. I go swimming six times a week, which is 10 hours of training. This includes at least two early morning sessions which start at 5:15am. When I first started morning training I was really tired, but I'm used to it now as I have been doing it for so long. I can't say the same for my dad, who takes me in the mornings as he normally falls asleep at Shipley pool where we train. I train in various swimming pools including Bradford Grammar School, Shipley and Eccleshill. I swim for the City of Bradford Swimming Club and my coach is Sarah Fisher who works me and all my other swimming friends very hard. When training we do all the four strokes, butterfly, breaststroke, backstroke and freestyle. Our training sessions are never the same, so I never get bored of doing the sessions or swimming up and down the

pool. I feel that doing these two sports really helps with lung capacity and stamina. I started competitive swimming when I was nine years old and since then I have been the Yorkshire champion at 200 metres breaststroke for the last four years. I am not only the Yorkshire champion, but for the last three years I have also been the North Eastern Region champion at both 100 metres and 200 metres breaststroke. I compete and have qualifying times in the other strokes, but breaststroke is my favourite. This year I went with the swimming club to Malta to swim in an overseas meet and I did my first ever 1500 metres freestyle in a time of 19 minutes 57 seconds. I like various swimming pools in England, but my favourite pool is Ponds Forge in Sheffield, as the pool is very deep, which means that you can swim faster and the venue is so big with lots of space. Finally in 2011, I qualified for the National Championships, the top event someone my age can swim at and it is not easy to qualify. I made it to the final where I came seventh at both 100 metres and 200 metres breaststroke.

The difference between swimming and running is that in swimming you need to gain qualifying times to swim at most events and the qualifying times get harder and harder as you get older. In running you can enter most events as long as you are the correct age. The races are different as well, as when doing swimming meets there are a number of referees and judges who watch your strokes as there are a lot of reasons to get disqualified. However in running as long as you don't do a false start and follow the correct course there isn't much to be disqualified for.

My very first fell race was the Stoop Quarry run in Haworth on the 18th December 2010 where it was freezing cold and the snow was really deep, and I was amazed to see that the race still went on. I didn't know what to wear as it was my first fell race so I wore my track suit bottoms, not a good idea. When I finished I was really happy with myself as I came third, won a prize and got a lot of chocolate from the chocolate throw out.

My favourite races are: Hellifield Gala, Kirkby Gala, Murder mile, Ambleside Sports, Sedbergh English Uphill Champs, Malham Show, Bradley family day, Grasmere Sports and Lothersdale. I like these races because I am best at running at places where there is a steep hill and these races have some great hills. I also like these gala's because when I have finished the race I can spend my mum and dad's money on the stalls and games.

In running I became the Yorkshire Fell Champion in the BU12 in 2011 and now I am the BU14 Yorkshire champion in 2012, which I won at Hellifield. I came third in the English BU12 FRA championship in 2011 and this year I improved, collecting the silver medal in the English BU14 championships. In 2011 I won the year 7 English Schools Fell Running title, finally I managed to win the BU12 Keighley and Craven club championship, the BU12 Bradford Athletics Network championship and I finished second in the British Open Fell Running Association championships.

In running my best achievement to date was winning the Yorkshire Fell Champion in the BU12 race at Hellifield in my first year. Hellifield is a great place to run as the course is fast and has a good hill to run up and there is a bit of everything on the course such as road, fields and obstacles to get over. The presentation is also great as there are loads of prizes and these are not only for the winners.

I enjoy most sports and the best part are those competitions, where winning is great, but if I don't win it's fine, as long as I have tried my best. I know to try my best means I need to train very hard. I also enjoy making lots of new friends and racing against them, this makes sport a lot more fun and interesting. When I leave school I would like to become a professional athlete either a swimmer, runner or a triathlete like the Brownlee brothers, but if this doesn't happen I would like to be a P E teacher or an accountant as sport and maths are both my favourite subjects at school. [To finish off the Year, James just won silver in the Year 8/9 English School Championships!]