



Newsletter

March 18



Yorkshire Fell Championships at Great Whernside Tom (Yorkshire Champion) and Jack (2nd Yorkshireman) © Woodentops

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Ilkley Trail Race

Monday 28th
May 2018



Thoughts from the Chair

As I mentioned at the Ilkley Harriers Awards Evening in January of this year, my decision to join the Harriers is right up there among the very best that I have made in my whole life. Justifiably the club has always had a very high reputation near and far. It's inclusiveness and the excellent balance it strikes between participation and performance appropriate to each member's abilities and inclinations are what I believe to be at the heart of the pleasure and reward of being a member. Like many other members I have been fortunate enough, over three decades, to have benefited enormously - both as a person and as a runner - from the many opportunities being a Harrier has gifted.

Although the fundamentals of participation in our sport remain the same, the means and opportunities through which we can do so are constantly changing. The scope of the events on offer and the level of commercialism are very different from even twenty years ago. Even now, after decades of looking almost every Monday at the weekend's results on the Harriers' website, I get a buzz from reading about the achievements of members most of whom, regrettably, I have never met and don't know.

Never having met and not knowing the majority of other members are not great credentials for a person who is the Chair of any club let alone one like Ilkley Harriers. The obvious reason for this state of affairs is that our running lifestyles have to change as our bodies change and mine is no exception. Early morning solo running and an occasional Park Run are no substitutes for regular attendance on, at least, some Club nights, training sessions and races. Also, a somewhat remote attachment to contemporary means of social media communication with other members is far from ideal for a Chair.

A club's Chair needs to be sufficiently in touch with, and attuned to, as broad a spectrum of the club's membership's views and aspirations as is reasonably practicable. Being able to do these things ensures that the management and development of the club are vibrant and relevant. I regard it as a great honour to be Chair of Ilkley Harriers and working with the current committee since last September has felt the same privilege and has been as enjoyable as it was when Chair previously from 2000 to 2003.

I offered to be Chair for twelve months, and am now half way though that period, so I am asking every member of the club seriously to consider the possibility of standing as Chair, or a committee member, at the Club's September AGM. The club welcomes the addition of fresh faces and modern ideas. I hope to pass the baton on to someone with the involvement and foresight it deserves to maintain and even enhance its fantastic reputation. I would also mention that, although there are no fixed terms for either the Club's officers or committee members; three years has been about the average. In due course other club officer positions will need filling and so please think about undertaking one of them; possibly initially through a period of shadowing the current incumbent beforehand.

Geoff Howard.



ILKLEY HARRIERS

Founded 1986

www.ilkleyharriers.co.uk

www.junior.ilkleyharriers.org.uk

Chair: Geoff Howard

Secretary: Hilda Coulsey

Treasurer: Martin Archer

Other committee members

- Abi Bailey
- Neil Chapman
- Richard Joel & Jean Sullivan
- Peter Lewis
- Jane McCarthy
- Helen & Dick Waddington
- Sue Williamson
- Shirley Wood - Juniors

Website: Paul Wood

Newsletter editor: Peter Lewis

Email newsletter editor:

Val Kerr

Harrier of the month:

Jean Sullivan

Ilkley Gazette reports:

Alison Bennett

Twitter: Petra Bijsterveld

IH Race League: Jane Mccarthy

HDSRL: Paul Stephens

Auditor: Gavin Lamb

RACE CAPTAINS

Ladies' Fell Captains:

Jane McCarthy & Jann Smith

Men's Fell Captain: Jack Wood

Men's Road Captain:

Position Vacant

Ladies' Road Captain:

Caroline Howe

Men's XC Captain: Steve Coy

Ladies' XC Captain: Gaenor Coy

Junior section: Shirley Wood

Membership Secretary:

Petra Bijsterveld

Race news: send to news@ilkleyharriers.org.uk

ilkleyharriers.org.uk

Annual Awards Presentation



The Ilkley Harriers awards night 2018 took place on 26 January at the Wheatley Arms in Ben Rhydding. A turnout of over 70 made for a great atmosphere, with club members, old and new, mingling, reminiscing and chatting about the season ahead.

After a delicious pie and pea supper, supplemented by scrumptious cakes from Bramble Bakehouse (prop. Joanne Adams), the awards got underway. The Chair Geoff Howard got things going; his rousing speech about the ethos of the club set the tone of pride as we celebrated the fantastic achievements and efforts of the past 12 months.

The first awards of the evening were for Runner of the Year, and these went to Jack Wood and Jane McCarthy, for their remarkable achievements over the course of 2017.

Next up were the awards for Most Improved Runner, with Jack Cummings and Caroline Howe taking the honours.

In hard fought categories, Ben Sheppard and Helen Waddington won the Endurance Runner of the Year awards, while Brian Melia and Adela Reperecki received the corresponding awards in the over 50 category.

The gongs for the Best Runners under 23 went to Euan Brennan and Lucy Williamson, while the Best Runners over 50 were Alison Weston and Derek Oliver.

The Captain's awards were won by Ben Joynson and Sally Malir, and Steve Turland was recognised for his Bob Graham Round.

Contribution awards

The next set of awards were for contributions to the club – recognising those who put a lot of time, energy and effort into making events possible and for ensuring the club can indeed function.

Neil Chapman and Hilda Coulsey were awarded the prestigious Contribution to the Club awards, and Gaenor and Steve Coy were given a Special Recognition award for their roles as cross country captains.

Coaches Jane Bryant, Neil Chapman and Pete Shields, along with website owner Paul Wood, were all recognised for their crucial club roles.



Ben Sheppard with Geoff Howard



Hilda Coulsey (centre) with XC Captains Steve and Gaenor Coy

Annual Awards Presentation cont.

League winners

Finally, prizes were given out for 2017 league winners – with Jane McCarthy making it almost a clean sweep, winning the overall league, as well as the Road and Trail awards. Jack Cummings won the Fell category. Those top ten in the League were each given a bottle of wine – surely an incentive for us all to get those races under our belts this year!

With a wide range of categories, it was great to see so many people recognised. There were of course many other nominations in each category (see the website for the full list) – so huge congratulations to all the winners, and to those nominated.

The feedback from the event has been overwhelmingly positive, with the choice of venue praised. Of course these events don't organise themselves, so a big thanks to Sue Williamson for bearing the brunt of the organisation and Dick Waddington and Geoff Howard for presenting the many awards.

We look forward to seeing everyone again next year!

Caroline Howe

Photos - all © Graham Weston



Neil Chapman and Dick Waddington



Lucy and Sue Williamson

Fell Captains Report



Ilkley Harriers seem to get everywhere in the pursuit of challenging, beautiful or classic fell races. Highlights from the last four months of 2017 were numerous. At the Yorkshire Fell Championships at Great Whernside in September, Tom Adams was Yorkshire Champion and Jack Wood made it a superb Ilkley one-two by coming in second Yorkshireman. Euan Brennan was 3rd U17 boy at the GB and NI Fell Champs where England took Team Gold. Lucy Haines and Jemima Elwood were 9th and 11th in the U20 women race.

The Hodgson Brothers Fell Relays always attract the royalty of fell running, and in 2017 Ilkley men put forward a strong team, benefiting from Euan Brennan coming through to senior racing and the dream team pairing of Tom Adams and Jack Wood on leg 2. Bad weather forced last minute changes to route and course shortening, favouring local teams. The men finished in 3hrs and 3mins in 13th place. The ladies performed well, helped by the return of the experienced and in-form Jo Foster who had taken 1st WV45 at the Scafell Pike Fell Race a couple of weeks earlier. She was paired on leg 2 with Jann Smith. Other pairs were Sarah Edwards and Mary Gibbons (Leg 1); Outi Kamarainen and Alison Weston (Leg 3) and Jane McCarthy and Kate Archer (Leg 4). The ladies finished in 4hrs 8mins.

Classic races such as the Three Shires, Langdale and Full Tour of Pendle were all very well attended by Ilkley Harriers, Paul Carman and Jann Smith managing all three. Conditions were particularly tough for those at Langdale Horseshoe in October. Dave Wilby was the first Harrier home in 12th place at Three Shires, Jack Wood was 10th at Langdale, and there were solid performances by Kate Archer, Mary Gibbons, Alison Weston and Jann Smith.

The Tour of Pendle was eventful, Jack Wood's superb 2nd position only briefly in doubt when Bingley's Victoria Wilkinson (finishing 3rd overall) caught



Jack Cummings rounding the Stoop summit © Woodentops



Jack Wood leads home Ian Holmes at the Stanbury Splash © Woodentops

him near the final summit and no doubt spurred him on to finish strongly. Ben Sheppard came back from the same race nursing a break in his second metacarpal in his left hand, but still an excellent finish in 2hrs 51mins, as did Paul Carman. Martyn Stocker has made impressive improvements in his fell running recently, such as his sub. 4 hr finish at Pendle. He and Michael Lomas travelled to Scotland in early September to take on The Ben, along with Jim Ryder (2 hrs 10) and Robin Nicholson (2hrs 33).

Brian Melia completed the incomprehensibly long 170km Ultra Tour de Monte Rosa in early September, starting and finishing in Grachen, Switzerland and climbing a total

12,000m along the route. A smaller participation event and a more personal journey than Brian's experiences at the UTMB, he finished overall in a very creditable 13th place.

Back to Scotland in October, Ewan Welsh described the very appealing inaugural Ultra Trail Scotland events on the Isle of Arran. Ewan was 3rd in the Goat Fell Vertical Race, unfortunately the 74K and 25K trail races had to be cancelled due to bad weather - participant and marshal safety being paramount.

Steve Turland continued in fine form on the fells over the Autumn, following from his Bob Graham success in the Summer. Among many others, he took on the Lakeland Four Passes (19miles and 4,500 ft of climbing) in October, finishing 4th overall. Alison Weston completed a spectacular list of fell racing events by finishing 3rd lady overall in the Lakes Grand Prix 2017 Series, and first WV40 and first WV50. For 2017 she completed the Anniversary Waltz, Coniston, Fairfield and Kenmere races.

Finally, towards the end of the year we saw the shorter, local races including Burley Moor Run, The Stoop, Chevin Chase and Auld Lang Syne. Stand out performances were from Pauline Munro, Adela Reperecki (always impressive) and, at The Stoop, Nathan Edmondson (5th) and Jack Cummings (10th).

Jane McCarthy

Cross Country Report



A busy time for cross country with the WYXC and PECO XC leagues, not to mention the Yorkshire, Northern and National Championships. Results as follows:

West Yorkshire Cross Country League:

A good turnout of about 20 senior Harriers racing in at least one of the four WYXC races that took place at Wakefield, Nunroyd, Spenborough and Keighley between October and December 2017.

The series started in warm dry conditions in Wakefield before getting steadily muddier and colder until we hit the hills and snow at Keighley. The overall series results were

U17 ladies – joint 1st Bethan Morley (junior)

U17 men were 1st Team overall, helped by Euan Brennan winning both races he competed in – 2nd Dominic Coy (junior), 4 Cameron Reilly, 12 Robbie Matthews (junior)

The Senior ladies (7th Team overall)

V45 - 1 Pauline Munro

V50- 3 Sally Malir

V55- 4 Alison Bennett, 5th Diane Kitchen

Senior Men (9th Team overall)

4th Jack Wood

V40 – 5 Matthew Cox, 8 Steven Gott, 15 Stephen Coy

V50 – 4 Tim Ashelford, 13 Robert Budding, 14 David Brown, 18 Arthur Reilly

V55 – 10 Mark Iley

Yorkshire Cross County Championships

The Yorkshire XC champs took place on the 6th January. The Lightwater Valley course, as ever, was muddy, though less so than previous years. It was also cold but without the bitter wind that often exists.

The under 17 men won the team prize with excellent performance from all. 2nd place for Euan Brennan 20:46. (winner 20:30 Joshua Dickinson City of York), 6th for Dominic Coy in 21:30 and 7th for Cameron Reilly in 21:47, all three selected to run for Yorkshire in the Inter Counties XC champs in March. Robbie Matthews backed up the team in 26th Place in 24:07

Bethan Morley, who won the Under 17 ladies race in a time of 16:06 was also selected for the Yorkshire Team.

There were low IH numbers for the Senior women's race, won by Claire Duck of Leeds City in 29:23. Gaenor Coy (104th in 45:11) managed to stay just ahead of Petra Bijsterveld who was 106th in 45:29

In the Senior men's race, Jack Wood led the IH contingency home, finishing 22nd in 37:06 followed by Tim Ashelford, (83rd in 41:16) then Stephen Coy (176th in 47:05); Robert Budding (186th in 47:48) Steve Weston (187th in 47:56); Mark Iley (196th in 48:38); and Arthur Reilly (217th in 50:43).

Northern Cross County Championships- 27th January

A good Ilkley Harriers turnout for the Northern Cross Country Championships which, this year, took place on our doorstep in the grounds of Harewood House, a trial for what



Cross Country Report cont.



Kate Archer, Petra Bijsterveld, Alison Weston, Gaenor Coy and Alison Bennett at the Northern XC Championships ADD © Graham Weston

will hopefully be the 2019 National Cross Country course. Despite the welcome smaller number of laps, it was a course exposed to the elements and tougher than it originally looked. The undulating course, whilst quite runnable overall, combined deep heavy mud in places with short sharp climbs.

In the under 17s there were exceptional results from Euan Brennan, Dom Coy, Cameron

Reilly and Bethan Morley. With Euan and Cameron joining the senior club in 2017, and Dom and Bethan joining them later this year, and there is much to look forward to from these young people. Among the seniors the outstanding result came from Jack Wood who was 18th in an elite field, Pauline Munro led the Ilkley women home in 57th place. I think it is fair to say a good day out was had by all of us. Regardless of ability or pace, the struggle across the terrain is a great leveller and brings about a lovely team spirit.

Results

U17 men: (1st 20:05 Rory Leonard, Morpeth Harriers), 3rd 20:36 Euan Brennan, 8th 21:03 Dominic Coy, 12th 21:20 Cameron Reilly

U17 women: (1st 20:48 Ella McNiven, Liverpool Harriers), 5th 21:32 Bethan Morley
Senior men, 24th team out of 57. (Winner Carl Avery, Morpeth Harriers in 39:50)

18th 41:34 Jack Wood, 222nd 49:03 Steven Gott, 236th 49:26 Tim Ashelford, 337th 52:12 David Westhead, 423rd 54:23 Steve Coy, 518th 57:09 Rob Budding, 757th 81:20 Peter Lewis

Senior women, 28th team out of 53 (Winner Mhairi MacIennan, Morpeth Harriers in 30:50)
57th 35:15 Pauline Munro, 117th 38:47 Kate Archer, 271st 44:33 Alison Weston, 299th 46:03 Alison Bennett, 343rd 48:44 Gaenor Coy, 366th 50:05 Petra Bijsterveld

PECO XC

The PECO league has grown enormously this year with nearly 2000 runners registering numbers. The five races were held at Nostell Priory, Golden Acre Park, Middleton Park, Roundhay Park and Temple Newsam.

Senior IH PECO League results:

22 Steve Gott, (6th M40), 59 Daniel Lane, 136 Rob Budding (9th M50),



The Ladies start at PECO 1 Nostell Priory © Philip Bland



159 Stephen Coy, 161 Andrew Overend, 217 Martin Archer, 294 Malcolm Pickering (4th M65), 349 Andrew Jackson, 522 Philip Hirst, 554 Geoffrey White, 578 Mark Iley, 658 Peter Lewis, 719 Don Macrae (9th M70) 747 Andrew Kitchen.

114 Diane Kitchen (4th F55) 115 Caroline Howe, 135 Adela Reperecki (7th F55), 144 Jaen McCarthy, 153 Ellie Kitchen, 174 Rachel Carter, 214 Helen Wood, 238 Gaenor Coy, 250 Petra Bijsterveld, 268 Ros Brown, 274 Anna Pickering, 281 Nicola Budding, 302 Hilda Coulosey (7th F60) 241 Kate Lofthouse, 375 Sarah Edwards, 390 Alison Weston, 407 Alison Bennett, 477 Sally Wright, 518 Wendy Bishop, 613 Clare Shouler.

English National Cross County Championships – 24th February

The 2018 championships took place once again at Parliament Hill in London. All the tents are in a small space atop the first climb from the start giving it a festival feel and fantastic views of the London skyline. Conditions were much drier than 3 years ago but there was some heavy going in some sections and a combination of long drags and short sharp inclines and declines.

The great thing about the nationals however is you cannot set off too fast in the senior races as, unless you are at the front, as it swiftly becomes an interval session with lots of stops and starts for the first lap as the course widens and narrows. With the numbers in the race there is always someone to chase or someone chasing you. Well done to all 16 Harriers who made the trip. Senior and U17 positions were as follows:

Senior Men: (1st 39:35 Adam Hickey, Southend On Sea AC)

802 52:05 Tim Ashelford

1202 55:56 Steve Coy

1723 1:01:38 Steve Weston (2328 ran)

Senior Women: (1st 28:33 Phoebe Law Kingston AC & Polytechnic Har)

790 45:18 Diane Kitchen

860 46:54 Petra Bijsterveld (1113 ran)

U17 Girls

(1st 18:27 Ella McNiven Liverpool Harriers & AC)

6 19:03 Bethan Morley (276 ran)

U17 Boys

(1 19:29 David Stone Shaftesbury Barnet Harriers)

10 20:15 Euan Brennan

50 21:21 Dominic Coy

54 21:25 Cameron Reilly

185 23:17 Robbie Matthews (356 ran)

9th team out of 36.

Gaenor Coy

Road Captain's Report



What's happened?

2018 racing underway: The new year kicked off with the ever-popular Brass Monkey Half Marathon, with two Harriers taking in part – well done to Steve Coy and Kate Archer, who finished in 1:28 and 1:31 respectively. Two weeks later saw eight Harriers turn out for the first league road race of the year – the Meltham 10k which, it's safe to say, is definitely not a PB course! But some great performances nonetheless with Jonathan Turner first home in 31st place and a time of 43:12. The antithesis in 10k terms was the fast flat Dewsbury 10k a week later, in which Petra Bijsterveld and Emma Cole took part, finishing in 50:28 and 56:41 respectively (and earning themselves an 'interesting' race t-shirt in the process!)

Plenty of parkrunning: Harrier numbers at the various local parkruns in the winter months has been on the increase, and we have seen two first place Harrier finishes: Tom Adams finishing in 16:11 at Bradford parkrun on the last Saturday in January, and Martin Archer on the same day finishing first at Skipton in 18:24. Skipton and Bradford, Ilkley's closest parkrun venues, inevitably remain the most popular in terms of Harrier numbers, but for anyone interested in a bit of parkrun tourism, did you know there are 10 parkruns within a 45 minute drive of Ilkley? I'll let you figure out which they are...

Evensplits even more popular: Sticking with the 5k theme, 28 February saw the first instalment of this year's Evensplits 5k Series at the Brownlee Centre in Leeds. These races will take place on the fourth Wednesday of every month between now and November, and are set to become a core part of the local racing scene. If you haven't signed up for a series season ticket, fret not, because you can enter each race individually for £5 (but no entry on day).

What's next?

Take on a Ten! Four of the next five road league races are ten milers, with the Thirsk 10 mile (18 March), Vale of York 10 mile (15 April), Eccup 10 in July and Burnshall 10 in August. Thirsk and York are both nice flat routes with lots of PB potential. Great sharpeners for those in the midst of Spring marathon training, or a great mid-way target for those thinking about making the step up from 10k to half marathon later in the year. It would be great to see a big Harriers turnout at these so get entering, and climb that league table! The Eccup 10 (1 July), which is highly recommended, usually sells out quickly so make sure you don't miss out!

Relays, relays... 16 March is the deadline for entries to the Northern Road Relays at Birkenhead Park in the Wirral. We still need people to make up a team of six women and a team of 12 men. So, why not take part? It's a fantastic way to get to know others in the club; the relatively short leg lengths means it's perfect for all abilities; it's a huge championship event with a great buzz; and generally just a fun day out! Interested? Contact Caroline Howe or Jack Wood.



Road Captain's Report

cont.



Also coming up soon are the Yorkshire Road Relays, a bit closer to home at the Brownlee Centre, on 7 April – so look out for more on that one too.

Good luck... to the Ilkley Harriers who are representing the club at the London Marathon 2018. Tom Worboys, Rob Cunningham and Jo-Ann Pattinson got the club ballot places, and no doubt there are others taking part in this iconic event – we'll be looking out for you on the TV! Good luck to everyone else taking on Spring marathons too!

Further ahead...

Leeds, Leeds, Leeds! No doubt there will be a fair few of us planning to take part in the Leeds Half Marathon on 13 May – after all, it's on our doorstep, and a good way to test out all that Spring training. For anyone who would like to meet up afterwards for a post-race shandy, look out for details of rendezvous arrangements on Facebook and the forum closer to the time.

Harrogate Summer Race League: Expect to see details of this soon. A series of four races, plus a handicap race, hosted by local clubs in rotation (with Ilkley hosting one this year), they are really friendly, sociable events with a scrumptious buffet afterwards. Taking place in May and June, the races are 5-6 miles, suitable for all abilities, and a great place to get to know others in the club, as well as people from other clubs amidst a healthy dose of local rivalry! I urge everyone to don their club vests and get involved!

In summary... The races come thick and fast from March onwards, with lots of local events to get involved in - hopefully the above gives you a flavour! My aim as road captain is to encourage participation in local fixtures and build up the road running Harrier community. I'm also happy to chat to newer members of the club who may be looking for recommended races, so please do come speak to me on Tuesday club nights, or contact me via Facebook.

Happy running everyone!

Caroline Howe



Harriers at Ripley castle for the Guy Fawkes road race

The gregariousness of the cross country runner



Men's start at Peco 1 © Philip Bland



Age 35, Caroline Howe, joined Ilkley Harriers in 2010, with a hiatus in 2013/14, and then rejoined in 2015. She has recently been appointed Ladies' Road Captain.

Growing up with running-mad parents (former Ilkley Harriers Sue and Eric Morley), much of my childhood was spent cheering them on in races; getting dragged into marshalling / medal-giving duties; and, inevitably, taking part in many, many fun runs! So I was probably about 5 when I did my first ever race (is a fun run a race??).

However, when I was old enough to make up my own mind, I rebelled against running. I took up running again in my late 20s when I met David (my husband) in 2010. On our first date he challenged me to run the Leeds Half, which was a few months away. I ran it with David and finished in 1:59:57, scraping the sub-2 by the skin of my teeth, thanks to David "encouraging" (read: shouting at) me for the last mile as I flagged.



I have stuck with running pretty much ever since and with that beginning see myself predominantly as a road runner although do enjoy getting out on the trails too (who doesn't, living in Ilkley?!). In recent weeks I have also discovered a love of cross country having done the last three PECO races. I thoroughly enjoyed the mud and the fast and furious nature of the races (and perhaps also the fact they are relatively short distances!) so will definitely do them again. This year I am aiming to do more of a mix of races and maybe even a fell race or two (although they do scare me a bit!).

My typical week depends upon what I'm training for. If it's a marathon I tend to follow a plan and train 4 times a week, totalling up to 30 miles. That would normally be a short easy run, a speed session, hills/fartlek and a weekend long run. If I'm not training for anything specific I tend to run between 3 and 10 miles, 2-3 times a week.

Given the fact that I don't have many commitments other than a full-time job, I should probably run a lot more! However, I am not a morning person, and therefore not inclined to set the alarm early just to get a run in before work, so most of my running is limited to evenings and weekends. In the summer I also manage to maximise my lunch hour and squeeze in one or two runs a week at lunchtime from my office in Leeds City Centre along the canal.

My racing achievements, both highlights and lowlights are all around marathons. My best achievement was my marathon PB last year at York. I'd narrowly missed out on sub-4 three times in a row and was determined this time. I trained hard and managed to finish in 3:46. I was delighted that it all came together on the day.

The London Marathon will always be special to me as I have great childhood memories of watching my parents do it in the late 80s and early 90s, and then in recent years I watched David do it twice, before it was finally my turn in 2016. When I did it, I can honestly say I

Member Profile **Caroline Howe** cont.



loved every second of it! London is always on my birthday weekend too, so whether spectating or running it, it is always coupled with birthday celebrations of some kind!

The low point was a timing mishap in Berlin in 2016 which cost me my first ever sub-4 hour finish. I had been blighted by injury in the lead up to the race, but I made the start line with secret hopes that I might still be able to achieve sub-4. I paced myself very carefully the whole way around. Even after a wobble at mile 23, I was still on track for sub-4 or so I thought. What I hadn't taken into account was the fact that you never run a precise 26.2 miles in these events. It was only when I had got to 25.5 miles, and still couldn't see the finishing stretch, that it dawned on me that I had further left to run than my watch was telling me. So in the end I finished in an agonizing 4:01, but with 26.45 miles on the clock! Gutted!



It is too hard to pick a favourite run as we are blessed with so many lovely local routes both on the moor and on the road. In summer my marathon training runs usually end up being variations of out-and-backs to Bolton Abbey and beyond. Unfortunately I am not blessed with a very good internal navigation system, so I tend to stick to familiar routes! Away from Ilkley, I love the coast and running by the sea. We have family in Tynemouth, and the run along the coastal path is stunning.

While it is always satisfying to finish a race with a PB, and get that buzz of achievement, some of my best experiences of running are those moments out on a training run, in solitude, enjoying the peace and quiet of nature and realizing there's nowhere else you'd rather be!

My worst running experience was early on when I had just re-started running, I was coerced into doing the Badgerstone relays. Having only really run on the road before (I didn't even own a pair of trail shoes) the terrain and steep inclines were a complete shock to the system. Hence I struggled round, coming last on my leg, and sulking across the line.

The people who have inspired me start with my mum and dad. Both were excellent road runners back in the day, and now my mum is a regular on the local fell circuit, doing races week in, week out (ones that are far too hardcore for me!) and regularly picking up V60 prizes; while my dad is busy inspiring others, coaching at his local club Knarborough Striders where he has a large and loyal following for his Tuesday night strength and endurance sessions! I am also inspired by anyone doing ultra distance events of any kind. Knowing the mental strength required which, sadly, I lack, so I am in awe of anyone who can endure more than a few hours on their feet!

My goals this year my goals are simple: basically, get a bit faster! But I also want to get more involved in club events; use my role as road captain to encourage others; and do a wider variety of running including doing 10 Harriers League races!



Harriers Race League



There was a slightly slow start to the 2018 Harriers race League; with just three races in the first three months: the Meltham 10K (Road), Harewood 10K (Trail) and Thirsk (Road). The last was postponed to April 8th so in April the League really gets into its stride with five more counters, including three trail: the Baildon Boundary Way, the Guiseley Gallop and the Fountains 10K.

With entrants, as the old joke goes, broken down by age and sex, the handicapping system makes it a very open competition. If you make sure that you cover the three races required in each category and add a wildcard you stand a pretty good chance of getting in the top 10, which means 15 minutes of fame and fortune (well a bottle of wine) at next year's Awards Evening. This year what the top 6 have in common is a score in 10 races and three of the carefully chosen wildcards scored over 100.

In September, after a total of 18 races, top of the Overall League was Dave Robson, with 10 qualifying races done, and 872 points scored. 2nd and 3rd, both with 9 races completed, were Alison Weston, on 773 points and 2015 League winner Michael Duffield with 739. Not far behind were Hilda Coulsey and Tom Adams, the latter averaging over 100 points per race thanks, in part, to his shiny new V35 status.

At that stage, Jack Cummings looked set to win the Fell Category with an excellent 380 points from a maximum of 4 races, while Adela Reperecki and Hilda Coulsey were in familiar territory, leading the Trail and Road sections respectively.

The last two months saw some superb performances, including Jack Cummings, Tim Ashelford, Ben Sheppard, Michael Lomas and Jonathan Turner at the Burley Moor Run; Hilda Coulsey, Steve Gott, and Martin Archer at PECO (1); Caroline Howe at Guy Fawkes; and Alison Weston, Jack Wood and Michael Lomas at the Full Tour of Pendle.

In the end, Jack Cummings secured his Fell Category win at The Stoop in December, his 10th place finish worth over 90 points. But the overall picture had changed dramatically thanks to a late season surge from dark horse Jane McCarthy. Her November achievements in two Trail races, the Burley Moor Run and PECO XC, plus a super Guy Fawkes road result meant that she took the top place in both categories, while her performance in the Full Tour of Pendle fell race, brought her total League score, from a full complement of 10 races, to a stonking 966, 84 points clear of Alison Weston in second place. Jane's total was the highest winning League score since Henry Heavisides in 2012.



Harriers Race League cont.



Final placings for 2017 were as follows:

Pos	Name	# Points	Scoring Races
1	Jane McCarthy	966.54	10
2	Alison Weston	882.44	10
3	David Robson	872.58	10
4	Michael Duffield	838.75	10
5	Peter Lewis	756.20	10
6	Hilda Coulsey	686.22	8
7	Jack Cummings	675.21	7
8	Tom Adams	605.95	6
9	Ben Sheppard	567.43	6
10	Martin Archer	524.90	6

Jane McCarthy and Peter Lewis



2017 Harriers Race League top 10 receive their bottles at the Awards Evening in January

Harriers of the month July-January



<p>JULY Runner of the month: Abi Bailey for Race to the Stones.</p>	<p>Other nominations were: Helen Waddington and Richard Joel for Ultimate Trails Tom Adams wins this month plus 3rd in Snowdon international championship. Ben Shepherd for Lakeland 50. Martin Archer for Harrogate 10k. Dave Millson encouraged by Antonio to return to running and arriving back from the Addingham gala still smiling. The slower Leeds 10k bunch, mostly beginners from last year: Wendy Bishop, Damaris Bedford, Libby Heppenstall, Nicky Sollowey, Diane Ollier plus regulars Kate Lofthouse and Claire Shouler.)</p>
<p>JULY Volunteer of the month: Dan Wilkinson for Addingham Gala</p>	<p>Other nominations were: Alison Weston Gazette reports.</p>
<p>AUGUST Runner of the month: Norman Bush for his 6 fell races this month, all good results</p>	<p>Other nominations were: Alison Weston for the Burnsall double (including 3rd lady on the fell) and Borrowdale; Tom Adams for 10k pb at Blackpool Illuminations</p>
<p>AUGUST Volunteer of the month: Petra Bijsterveld for conscientiously collating the park run results weekly</p>	<p>Other nominations were: None this month.</p>
<p>SEPTEMBER Runner of the month: Brian Mela for the Ultra Tour Monta Rosa</p>	<p>Other nominations were: Geoff Howard for park run times and Leeds Golden Mile; Iain Gibbons for 4th at Burnsall Fell and 7th at Embsay fell; Ewan Walsh for Incline time; Jo Foster 1st LV45 Scafell Pike fell</p>
<p>SEPTEMBER Volunteer of the month : David Ibbotson, whilst recovering, for leading the Tuesday and often Saturday groups</p>	<p>Other nominations were: Helen and Dick Waddington for organising the Incline; Gavin Lamb for auditing the accounts at short notice</p>
<p>OCTOBER Runner of the month: Caroline Howe for commitment to training and Yorkshire Marathon time and PB</p>	<p>Other nominations were: Alison Weston for Lakes Grand Prix placings; Tom Adams for 'dirty double' wins in Lakeland Trails; Petra Bijsterveld for Keilder Double weekend and Snowdonia Marathon; Harry Sime for recent 'eventsplits' 5k time returning from injury; Lucy Williamson for Bangor Half Marathon time and PB</p>
<p>OCTOBER Volunteers of the month: Hilda Couley for committee work</p>	<p>Other nominations were: Volunteer of the month: Helen Waddington for the monthly reviews of performances;; Peter Shields for his Wednesday evening training sessions</p>
<p>NOVEMBER Runner of the month Michael Lomas for great times and improvements, particularly Burley Moor and Tour of Pendle</p>	<p>Other nominations were: Martin Archer for Lister Park parkrun, Burley Moor and consistently great results; Jack Wood for first in the last even splits 5k and 2nd at Tour of Pendle; Cameron Reilly for Abbey Dash time of 34.28; Jonathan Turner for impressive progress over the year with great times at Burley moor, at Wetherby parkrun and last month's marathon time; Rob Budding for cross country race improvements and good results in general.</p>



Harriers of the month July-January

cont.



<p>NOVEMBER Volunteer of the month: Helen Waddington for HoM write-ups</p>	<p>Other nominations were: Gaenor and Steve Coy for all they do for the x countries; Petra Bijsterveld for the membership renewals admin; Neil Chapman for Thursday evening session; Peter Shields for Wednesday evening sprint training</p>
<p>DECEMBER Runner of the month: Pauline Munro for being 1st FV45 in WYXC series, 3rd lady at Chevin Chase, also Stoop and Auld Lang Sang</p>	<p>Other nominations were: Anna Pickering for the Stoop; Nathan Edmondson for coming 5th at the Stoop, 8th at Chevin Chase; Jack Wood for Mysercough 10m win, WYXC and 4th at Chevin Chase; performances.</p>
<p>JANUARY Runner of the month Jack Wood for firsts at both Stanbury Splash and Mytholmroyd</p>	<p>Other nominations were: Jane Bryant for running every day in January (RED); Michael Lomas for coming 4th at Mytholmroyd Fell; Harry Sime for RED; Dawn Turner for RED; Martin Archer for first at Skipton parkrun; Steven Gott for great performances at Peco and Northern XC's.</p>
<p>JANUARY Volunteer of the month: Petra Bijsterveld for membership work - renewals and developing new process.</p>	<p>Other nominations were: Jane McCarthy for league updates;</p>

Vale Woodentops



Dave & Eileen Woodhead © Woodentops

2017 has seen the end of an era in Yorkshire fell running with the retirement from organising local fell races of Dave and Eileen Woodhead. For over 30 years, under the Woodentops banner, this Keighley couple have organised the races based at Penistone Hill in Howarth. In doing so they have been instrumental both in getting youngsters involved in the sport and proving that serious runs over moorland and fell can be huge fun. Many young Harriers started fell racing through the outstanding events these two have organised, many of which remain Ilkley Harrier favourites including:

The Stanbury Splash The Bunny Runs Withins Skyline
The Stoop Auld Lang Syne

Fortunately the Penistone Hill races are continuing under the aegis of Wharfedale Harriers. Dave and Eileen were recognised in the 2015 Queen's birthday honours list by both being awarded the BEM "for services to Fell running" (How often is that seen in an honours nomination?).

More importantly they have provided opportunities for people of all ages, especially the youngsters to get involved in a series of events that are usually arduous, almost certainly muddy and always conducted with great good humour, from the repartee of Dave's starts to the awards ceremony at the Old Sun Hotel in Howarth, where the winners can win as much chocolate as they can carry, while anyone can share in the spoils, especially the youngsters in the chocolate throw-out that follows the prizegiving

To participate in one of Dave and Eileen's events is to be part of something magical as,



before your very eyes, a series of scenarios unfolds that on occasion, has to be seen to be believed. My own list includes:

- Being one of 400+ runners joining in a chorus of “Happy Birthday to You” as we stand in a freezing huddle at the quarry start line, both enjoying the moment and also wishing we could just bloody well get on with it
- Sitting in the pub, pint in hand, watching the video of the race we have just finished in the pouring rain and giggling at some of the top runners sliding down the hill on their backsides before their second crossing of the South Deane Beck
- Watching twenty Santas queuing at the portaloos before the Stoop
- Muddied, smiling runners tucking into the bread rolls and tasty leek and potato soup in the Old Sun Hotel
- Drinking beer alongside Bingley legend Ian Holmes, record holder and fourteen times winner of the Stanbury Splash.
- Seeing the enthusiasm engendered by the Bunny Runs and chocolate egg fest
- Admiring the creativity (and stamina) of those runners game enough to don fancy dress, charging round a demanding course dressed in a variety of outfits: pixies, horses and angels are a common sight on the moor.

The Ilkley link with the Stanbury Splash is particularly strong. Ilkley Ladies team won the team prize every single year between 2008 and 2012, then Tom Adams took over the men’s multiple-winning mantle from Ian Holmes, winning the Stanbury Splash five times between 2012 and 2017. The current champ is, of course, Jack Wood.

In 2011, Dave was nominated as one of Yorkshire’s Unsung Heroes by Jonathan and Alistair Brownlee and their comments then still ring true today. On nominating him, Jonathan said: “Dave is a race organiser but he’s way more than that, he’s one of the most enthusiastic people I’ve met in my life. Fell running for some people is seen as an extreme sport, but he converts it into a sport for fun. I race all over the world but I still love turning up to Dave’s races and getting muddy.”

Fortunately Dave and Eileen are not disappearing. They will continue to organise the Yorkshire Senior and Junior Fell championships and the Inter-County teams and continue to take loads of pictures, not just of their own races but a whole host of Yorkshire races including our own Ilkley Moor Fell. They also leave the legacy of the Woodentops Website (put together by our own Paul Wood) where you can review past glories - on both stills and video.

Finally their generosity in making the contents available for all is incredibly useful for hard-pressed editors seeking photos, so a personal heartfelt thanks to them for being able to use their photos in this and previous newsletters but a much bigger thank you from all for injecting so much fun into their runs.

Peter Lewis

Ilkley Harriers Race Programme 2018

Every Saturday	9.00	5k Time Trial	Leeds, Bradford, Harrogate, Skipton	5k	Register first- www.parkrun.com
Mar	Time	Event	Venue	Terrain	Contact
April					
YV	9.30	Ackworth Half	water tower - top of the hill	Road	Ackworth Road Runners
12+	19.15	Bunny Run 2	Old Sun Hotel, Haworth	Fee / CS	wharfedaleharriers.co.uk
	14.00	Pendle Fell Race	Barley Village Hall, Barley	Fell / AS	fellrunner.org
L FULL	9.30	Baildon Boundary Way	Baildon RFC	Trail	Baildon Runners
12+	19.30	Bunny Run 3	Old Sun Hotel, Haworth	Fee / CS	wharfedaleharriers.co.uk
BC	12.00	Mourne Highline	Donard Park, BT33 04U	Fell / AM	nimra.org.uk
L	9.30	Vale of York 10	Rufforth	Road	racebest.com
12+	19.30	Bunny Run Relay	Old Sun Hotel, Haworth	Fee	wharfedaleharriers.co.uk
	19.00	Dick Hudsons	Track up to White Wells	Fell / BM	wharfedaleharriers.co.uk
	tba	The Fellsman	Ingleton	Fell/Trail	fellsman.org.uk
▲	10.30	Three Peaks	Horton-in-Ribblesdale	Fell / AL	thepeaksrace.org.uk
L FR	10.00	Fountains 10k	Grantley, nr Ripon	Trail	fountains10k.co.uk
May					
JR	19.30	Lothersdale Fell Race	Village Hall, Lothersdale	Fell / BS	fellraces.net
JR	10.00	Ova The Odda	Hawksworth C of E School	Trail	Facebook
EC	tbc	Clough Head	Threlkeld Cricket Club	Fell / AS	keswickac.org.uk
L JR	19.15	Jack Bloor	Darwin Gardens, Ilkley	Fell / BS	Rob King, 01943 435415
▲	9.30	Leeds Half	Headrow, Leeds	Road	theyorkshiremarathon.com
JR	19.30	Kidwick	White Lion, Kidwick	Fell / BS	fellraces.net
	11.00	Charlesworth Chase	Craven Arms, Appletreewick	Fell / BS	fellrunner.org.uk
	14.00	Malham Kirby Fell	Near Field Barns, Malham	Fell / BS	kcac.co.uk
Relay	8.00	Calderdale Way Relay	North Dean Woods, Halifax	Trail	Club Co-ordinator
BO JR	12.00	Sedburgh BOFRA	Sedburgh Library	Fell / AS	bofra.co.uk
	11.30	Melmerby 10k	Melmerby Village Hall	Road	melmerbyrun.org
L ▲	11.30	Ilkley Trail Race	Ilkley Lido	Trail	ilkleyharriers.co.uk
Relay	19.30	Badgerstone Relays	White wells	Fell	ilkleyharriers.co.uk

Ilkley Harriers Race Programme 2018

Every Saturday	9.00	5k Time Trial	Leeds, Bradford, Harrogate, Skipton	5k	Register first-www.parkrun.com
June					
L ▲					
Sat 2nd	11.00	Wharfedale Half	Wharfedale Rugby Club	Fell / BL	wharfedalemarathonevents. No
Sun 3rd	9.00	Huddersfield Mar.	YMCA Rugby Club	Road	Wane Law 07717 711343 N/K
Tues 5th	19.45	HDSRL - Skipton	Venue tba	Road	Paul Stephens No
Wed 6th	19.30	Otley Chevin Fell	Station Road, Otley	Fell / CS	Skyrac AC Yes
Wed 7th	19.30	Full Bronte	Haworth Cricket Club	Road	kcac.co.uk Yes
Wed 13th	19.00	Otley 10	Otley Cricket Club	Road	Otley AC Yes
Sat 16th	14.30	Buckden Pike	Buckden Village Green	Fell / AS	barclayfellrunners.org Yes
Sun 17th	tba	Race for Life, Ilkley	Ilkley	Road	raceforlife K/N
Sun 17th	12.00	Kettlewell BOFRA	Blue Bell Inn, Kettlewell	Fell / AS	bofra.org.uk Yes
Tues 19th	19.45	HDSRL - Ilkley	Ilkley RUFC	Road	Paul Stephens No
Thurs 21st	19.15	Beamsley Beacon	Crown Inn, Addingham	Fell / BS	wharfedaleharriers.co.uk Yes
Thurs 21st	19.30	Solstice Saunter	Cavendish, Bolton Abbey	Trail	A Wood 01535 642308 N/K
Sun 24th	8.00	Bradford Millennium	Bradford & Bingley RC	Mixed	Club Co-ordinator No
Sun 24th	12.00	Hawswick BOFRA	Outgang Lane, Hawswick	Fell / AS	bofra.org.uk Yes
Sat 30th	15.15	Eldwick Gala Fell	Eldwick Memorial Hall	Fell / BS	fellrunner.org.uk Yes
July					
L YV					
Relay					
Sun 1st	9.30	Eccup 10	Adel Primary School,	Road	Abbey Runners Yes
Tues 3rd	19.15	Danefield Relay	Danefield Park, Otley Chevin	Trail	fellandale.com Yes
Wed 4th	19.30	Sirton	Sirton, nr Skipton	Fell / BS	fellraces.net Yes
Thurs 5th	19.15	Murder Mile	Brunthwaite Lane, Silsden	Road	wharfedaleharriers.co.uk Yes
Thurs 5th	19.30	Hud'field 5k series	Greenhead Park, Huddersfield	Tarmac	Cannonball Events Yes
Thurs 5th	19.45	HDSRL - Thirsk	Venue tba	Road	Paul Stephens No
Sun 8th	9.30	Leeds 10k	Millennium Square, Leeds	Road	runforall.com N/K
Sat 14th	15.10	Addingham Gala Fell	Addingham Gala field	Fell / BS	ilkleyharriers.co.uk Yes
Tues 17th	19.20	HDSRL - Thirsk	Handicap - venue tbc	N/K	Paul Stephens No
Sat 21st	15.00	Ingleborough Fell	Com.Centre Sports Ingleton	Fell / AM	fellrunner.org.uk Yes
BO JR	12.00	Craico BOFRA	On B6265	Fell	bofra.org.uk Yes
Enter Early	L	Harriers League	M - Mob Match EC/BC - Fell Champs.	2.6m / 900'	bofra.org.uk
Enter Early	L	Junior Races (times may differ)	BO - BOFRA Championship Races	FR - Fun Run (times may differ)	
Enter Early	L	Normal Events	JR - Junior Races (times may differ)	FR - Fun Run (times may differ)	
Enter Early	L	Normal Events	JR - Junior Races (times may differ)	FR - Fun Run (times may differ)	

Training Sessions

Monday

- 7:00pm Circuit Training for runners at IGS gym. 60 minutes, led by Neil. Costs £2 per session (£1 For U18s). Open to non-members

Tuesday

- 7:00pm Club night at ILT&SC. Training preceded by race results and future events. Experienced runners lead a range of groups doing runs at various paces on the roads and, in lighter months, on paths and moors. Changing and shower facilities available. Non-members welcome to join in as a try out.

Wednesday

- 6:30pm Speed sessions at the Old Bridge, Ilkley with Peter Shields.

Thursday

- 7:00pm Ilkley Moor (Wells Road) Speed/stamina with Neil.
- 7:45pm Road speed session with Jane, starting from the Old Bridge.

Saturday

- 7:45am, Early Birds Hard Run (8.8 miles) starting at the Old Bridge, aimed at improving road speed/endurance. Led by Neil Chapman (c.75 minutes).
- 9:30am, Old Bridge: Steady off-road trail run lasting 60-90 minutes. Away runs on 1st Saturday of the month.



Chair Geoff Howard (see page 2)



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www.ilkleharriers.co.uk

www.junior.ilkleharriers.org.uk