



**Michael Pearce of Ilkley Harriers is pictured taking part in a three mile Bunny Run race at Harden Moor. Michael was one of 228 runners in this series of races in which all the finishers get an Easter egg. Michael finished 80th in 23 mins 58 secs and the winner was Sigggy Gould an unattached runner who finished in 18.24. Michael was ninth junior. (Picture by Tony Fikes)**

## Ilkley Harriers

NINE Ilkley Harriers took part in the popular Baildon Country Way half marathon over moorland, fields, track and road. This provided a challenging run over a scenic course and Billy Kerr finished in 1hr 28 mins, Tim Ashelford in 1.30 and Chris Gale completed the winning Ilkley team. Billy had an excellent run also finishing first veteran over 40 and fifth overall.

The remaining Harriers were spread down the field with Mike Baldwin doing 1.36, Clive Smith 1.37, Paul Styles 1.44 and Howard Allen 2.02. Andy Sarah limped home with welcome support from Bernie Connor in around 2.15.

Coming off the fells Geoff Howard, an over 50 veteran, produced an excellent half marathon road race at Doncaster with a time of 84.12. It is now only a month to the first of the Harrogate road racing events which will be held at Ilkley, Making a good start always motivates the team for the rest of the season and members at all levels should contact Howard Allen for a race entry number and should complete the list on the club noticeboard confirming the events they are likely to take part in. These are very competitive races of a high standard and are excellent social events.

Any interested new members should contact Ken Souyave on 01943 862096 or just turn up at Ben Rhydding Sports Club at 7 pm on Tuesdays or Thursdays.

## Young Skyrac runners to fore

SKYRAC athletes competed at three venues over the weekend - some of them saw action on both Saturday and Sunday. Once again the club enjoyed a considerable degree of success.

At the Leeds Schools' Cross-Country Championships at Garforth on Saturday Skyrac athletes gained three golds and one silver medal. The golds came from the girls with victories for Elizabeth Spencer (Under-15), Laura Kirk (Under-13) and Gabbi Rowell (Under-11). Robert Spencer was second in the Under-19 boys race, despite being only 16.

at Ryedale Stadium, York for the first West Yorkshire Track and Field League and there were some excellent performances with Jonathan Keith third in a highly competitive senior men's 800m. Thomas Poulton White ran 11.6s to win the senior men's 100m.

In the Under-13 girls' category Bethany Staniland was in fine form, winning both the 800m (2min 34.8s) and the shot putt (8.27m) whilst she was also second in the discus (22.33m).

All these performances were personal bests and of AAA Grade 2 National Standard. Gabbi Rowell also ran very well in the Under-13 girls' 800m, achieving third place in 2mins 41.9s. In the Under-15 boys' age group Andrew Staniland came home with two second places in the 80m hurdles

(16.5s) and high jump (1.35m). He was also fourth in the 200m in the equal personal best time of 28.5s.

Hannah Thompson made her debut at this meeting and was pleased with third place in the Under-11 girls' long jump in 3.16m.

Meanwhile Amy Howard again represented West Yorkshire on Sunday at the National Final of the Reebok Sports Hall Athletics held at the NEC Birmingham.

In the Under-14 girls' shot she was sixth out of 24 competitors with 9.29m.

## Wharfedale Harriers

THE clocks going forward signals the welcome start of evening fell racing, beginning every season with Dave Woodhead's series of Bunny Runs. Held on each Tuesday night of the month from the Guide Inn on Harden Moor, these three mile races all cover the same fast course and provide a good guide to one's level of fitness at this time of year.

There is only supposed to be some 300ft of climbing but it feels like a lot more at the pace at which these races are run. The series is attractive to all runners, with a high proportion of ladies and juniors taking part, and, as usual with the Woodhead's races, plenty of prizes on offer. The nature of the course also makes it ideal for spectators.

After a few beautiful days of early Spring sunshine, the first Bunny Run was quite typically greeted with a bitterly cold wind and the odd flurry of snow. The difficult conditions produced slower than usual times, Sigggy Gould winning in 18.24 compared to Ian Holmes' record of 16.43. There was an excellent turnout from the Harriers

First home for the club was Bob Hamilton with 26th place in 20.53, just managing to hold off the very much in form Steve Hounslow, 32nd in 21.08. Behind them, in his first race for a while following injury, was James Wadsworth, 40th in 22.09, followed by Paul Rogan 52nd, 22.44 and Martin Hounslow 62nd, 23.21.

There was then a terrific battle which saw Ross Whitaker, Kate Rogan and Sam Hounslow coming home together, separated by just a few seconds. Ross finished 72nd in 23.43, Kate 73rd (4th lady), 23.44 and Sam 74th, 23.48. They were followed by young Sam Watson 144th, 26.42; Lynn Whittaker 212th, 31.25 and, on debut, and in entirely inappropriate footwear, Melvyn Whitaker 218th in 33.49.

Sunday saw competition in the Kendal Winter League Race at Austwick, over the classic limestone country which lies to the west of Horton in Ribblesdale. This race was selected as the first of the Wharfedale Harriers Championship races this year, although quite a few members missed out through injury and other commitments.

Andy Holden, who has hit a golden patch of form following a slow start to the season, had a fine race to be leading at the summit of Moughton, but for the second time in the series lost out to a flying Colin Valentine who overturned a good hundred yard deficit to win in a time of 22.21. Andy finished 2nd in 22.36 with Bob Hamilton 4th, 23.42; Steve Hounslow 7th, 24.06; Paul Rogan 9th, 24.41; Damien Scholes 13th, 25.44; Peter Mallalieu 18th, 29.21 and Kevin Rogan 19th, 30.14.

In the Under-17s race, held over the same course, the now well established order prevailed again with Martin Hounslow finishing 4th in an excellent 24.49, followed by Ross Whitaker 6th, 26.22 and Sam Hounslow 7th, 27.09. With only 43 seconds in hand on youngest son Martin, Steve is going to have to watch his back very carefully this year.

Finally, in the ladies race won by Wendy Dodds in 28.06, Lynn Whittaker finished 4th in 32.59.

Next Wednesday's social run will start from the Sun Inn at Trawden, meeting 6.45 to start running at 7pm prompt. All local runners are very welcome to join us. Wharfedale Harriers is a family oriented club aiming to promote fell and cross-country running across all ages and abilities.

Training takes place on Monday and Tuesday evenings from Silsden, and Thursday evening from Ilkley. For more details please contact David Hird on 01535 653826 or visit the website at