

Stanbury splash te

CHAMPION fellrunners need many qualities. The physical ability to run up hills apparently without effort, navigational skills which could save their lives, strength of character and the gift of being able to race down a mountain side and simultaneously select the best running line.

Fitness can be developed, navigation can be taught, but the self-confident ability to leap from rock to rock while racing down the boulder fields and scree that top out many of the highest peaks remains awe inspiring.

Some great fellrunners never achieve the balance, the self-belief and the courage to descend like the proverbial falling stone and they never become true champions because, to the surprise of those who do not understand the sport, classic fellraces are won on the descent.

Ian Holmes (Bingley), the current English and British Fellrunning Champion is the supreme descender.

At the 2000 Ben Nevis race Ian was only third at the summit but that was small comfort to the leading duo who knew that inexorably Ian would storm past them on the rock and scree of the descent to his fourth Ben Nevis victory.

Dave Woodhead's seven mile Soreen Stanbury Splash (12,00ft) is the most arduous, which is fell-runner-speak for the most enjoyable, of the four races which he organises from Penistone Hill.

The Splash tests runners' ability over reed bogs, open moor and several stream crossings (hence the splash) and, true to form, last Sunday Ian Holmes won the race for the seventh consecutive time.

Ian is unbeatable over the Haworth Moors and despite leading Bingley to victory on the previous day in the North of England Cross Country Championship in Blackburn, he came home first in 45 min 13 sec, comfortably ahead of Rob Hope (P&B) in 46.31, to receive the first of the Soreen Malt Loaves handed out to all finishers.

Skyrac had seven runners in the field of 263 and first home was Graham Breeze in 74th on 58.23 just ahead of 78th John Forsyth (58.35), who had been celebrating Burns Night until the early hours.

Ralph Warman was 137th on 64.06 followed by 145th Malcolm Coles (65.01), which was a good performance because he had also competed in the cross country event on the previous day.

Then followed 170th Max Wood (67.33), 189th Dave Hill (70.01) and 215th Neil Clayton (73.38), all cheered home by Andy Brear who had just completed a long training run in preparation for next weekend's Rombalds Stride when Skyrac will again be represented in strength.

Meanwhile Peter Rawnsley, who thinks fell-races should be run on tarmac, competed in the Meltham 10k.

The route climbs the hills surrounding the town and then descends to the finish along the route of the famous Meltham Murder Mile course. Peter finished well up in 13th position (40:42) on this notoriously tough course.

Whether you run on the fells or tarmac if you would like more information about Skyrac then



ILKLEY Harrier Jo Foster in action during Sunday's Stanbury Splash run by Dave Woodhead from Penistone Hill.

Photo by Tony Fickes

please telephone (0113) 2290924.

Otley members brave weather

THE Soreen Stanbury Splash fell race of seven miles, with 1,200ft of ascent, which took place on Sunday, January 28, had seven Otley Athletic Club members braving a cold, icy and very muddy course.

The race was won by Ian Holmes (Bingley Harriers) in a time of 45min 13sec.

First Otley runner was Ray Hawksby, who finished 61st in a time of 52min. Next came Colin Best in 114th position in a time of 62min 33sec not far behind came David Fox and Andrew Sumner, 153rd, 65min 26sec, 154th, 65min 40sec respectively. David Cattanach and Emma Payne were next to cross the finishing line in 220th, 74min 04sec, and 234th, 76min 23sec respectively. Bringing up the rear for the Otley runners was

Good result for Harriers

Mark Iley and Jo Foster.

The Marathon Runner award went to Ewan Welsh and Andy Wade won the 2000 Running League by a comfortable margin.

Awards for Contribution to Club went to Pete Shields and Shirley Wood.

The Harriers who ran around a very wet and boggy Stanbury Splash fell race the next day certainly earned their Soreen malt loaf at the finish.

After seven miles and 12,00ft of climb, Nick Pearce was 35th in 54.10.

Jim Ryder had been chasing him hard, to finish 48th in 55.30.

Jo Foster lived up to her Most Improved Runner for 2000, by improving on last year's time by nearly eight minutes, and celebrated a first year of fell-running in fine style by finishing 12th in 67.08.

Dorothy Sheehy also earned the award.



PICTURED (above) is Wharfedale Harrier Ted Mason, who finished in fifth place, and (below) Ralph Wardman in action during Sunday's Soreen Stanbury Splash. Photos by Tony Fickes.



Weekend Teams

Hockey

WEDDING, at Doncaster, from - Weaver, Smith, Foster, Charters, Gledhill, Parkes, Beckford, Schofield, Harmer, W (noon).

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SALLY Mallr, Di Kitchen, Janet Hebbert, and Clare Williams raced for Ilkley Harriers in the Northern Cross-Country Championships at Blackburn last Saturday, over a five-mile course.

They showed how far the Ilkley Ladies have come by finishing 12th team out of 32, with all four well up in the 233-strong field.

Sally was 58th in 38.42, Di 79th in 39.39, Janet 110th in 41.26, and Claire 122nd in 42.17.

Dick Hebbert ran 54.02 for 462nd out of 670 in the 12km Senior Men's race.

The presentation of awards for 2000 and annual party attracted more than 70 Harriers and partners to Ilkley Tennis Club on Saturday night.

After everyone enjoyed the buffet and a few warm-up drinks, chairman Geoff Howard presented the awards.

Best Runner awards went to Andy Wade and Helen Sadzawick. Most Improved Runner's award

sts runners abilities

Wharfedale Harrier finishes in fifth at Penistone race

THERE was a good turnout on Sunday for the Stanbury Splash, popularly regarded as the best of Dave and Eileen Woodhead's famous races from Penistone Quarry near Howarth.

The mixed course of good tracks, steep-sided grassy valleys, and wild boggy moorland offers a wonderful all-round test of running ability, and was blessed with near perfect weather.

From the usual highly competitive field of around 250 runners, Ted Mason had another great run for 5th place in 48.36 behind winner Ian Holmes in 45.13.

John Wootton, in his first fell race of the new year, also ran strongly for 24th place in 52.25, pursued all the way by Bob Hamilton, 29th in 53.15.

Midweek training suggested that Ray Waddington was out for revenge on Bob for his narrow defeat at Bouslworth, but unfortunately Ray turned up with the beginnings of a cold. Instead of the expected battle with Bob, Ray again enjoyed a good contest with a clubmate, finishing 52nd in 55.53, just ahead of Steve Hounslow, 53rd in 56.09.

Next home for Wharfedale was Kate Rogan, 108th in 62.00, beginning now to come into form

after a quiet start to the year. Also beginning to find fitness, Kevin Rogan followed in 150th position in 65.15, with young junior Ross Whitaker, out for a while through injury, just behind, 152nd in 65.24.

The club will be hosting an informal junior event this Sunday, February 4 at 3pm, meeting at the Darwin Gardens in Ilkley.

Anyone who enjoyed running in the cross-country races at Ashlands last Saturday and wants to try something a little more challenging will be very welcome.

Please contact Bob Hamilton on (01943) 816776 for details - and to check on the day in case of bad weather.

Wharfedale Harriers is a family oriented club aiming to promote fell and cross-country running across all ages and abilities.

Senior training takes place on Monday and Tuesday evenings from Silsden, Wednesday evening from Skipton, and Thursday evening from Ilkley at the Grammar School.

For more details please contact David Hird on (01535) 653826, or visit our website at www.wharfedaleharriers.org.uk.

new Italian member Antonio Cardinale (time unknown).

Also on Sunday, January 28, the York Brass Monkey half marathon was held, with five club members running this flat half marathon course.

The race was won by I Murfitt (Ackworth Road Runners) in 1hr 9min 17sec. First Otley runner was Mark Hall, who finished 18th in a time of 1hr 17min 08sec, placed sixth in the Veteran's Competition.

Next in was Steve Mann, 181st, in a time of 1hr 29min 30sec, seven seconds away from a personal best. Neil O'Brien closely followed in 204th position in a time of 1hr 31min 05sec.

First Otley lady was Beth Massey in a time of 1hr 39min 39sec, followed by Ros Willis in a time of 1hr 58min, a respectable time in the build-up to this year's London Marathon.

On Saturday, January 27, the North of England Cross-Country Championship was held at Witton Park, Blackburn, Lancashire. Five Otley runners completed the 12k cross-country course for men and 8k for women. The going was heavy underfoot but fine weather conditions.

First in the Men's race for Otley was Ian Fisher, the current West Yorkshire cross-country champion, who finished in seventh position in a time of 39min 43sec.

Next was Andrew Robertshaw, 91st position, in

a time of 44min 03sec, closely followed by Duncan Burgess in 110th position in a time of 44min 39sec. Next in was Neil Cayton, 155th position, 45min 48sec, and last in for Otley in 233rd was Dale Foster in 47min 48sec.

A poor show for the Otley Ladies with only Kath Robertshaw competing in this high standard race, finishing in 162nd position with a time of 45min 06sec.

Pacers out in force

AIRECENTRE Pacers were out in force for Knavesmire Harriers' Brass Monkey Half-marathon.

In testament to its name the race last Sunday was run in crisp and cold conditions, with any of the little country lanes on the route being icy. Leading the way for the Pacers was Paul Heigold, who finished in a very impressive 1hr 29min.

An epic battle over the second half of the race ensued for second Pacer home, with Richard Thompson getting the last word, unusually, ahead of the flying doctor Adrian Lee in the final strides.

Next to finish was the gallant Mike Hildyard, completing his first half-marathon in a steady 1hr 40min.

This was despite being 'delayed' before the start with pressing matters, and the kamikaze efforts of a woman runner who threw herself at his feet at about the five miles point. These are things he will need to get used to before he tackles his first London Marathon in April.

Mike was paced in the early stages by Steve Horne, who conjured up his inimitable rumbling sprint finish to secure a personal best of 1hr 49min.

He also managed to generate enough heat along the way to keep many other runners warm, posing the conundrum of how can somebody sweat so much in such low temperatures.

All in all a successful outing for the Pacers in what for many is a race too chilling to contemplate, and a chance for those who took part to steal a march, or a stagger, on those who only come out in warmer weather.

Ladies side

was also well up among the 267 runners.

More of the prize winners from the awards evening were out racing the next day at the popular and aptly named Brass Monkey race at York.

The club's Best Runner, Andy Wade, sliced two minutes from his personal best for the half-marathon to finish in 75.42 and 14th place out of over 500 runners, and not far behind the winner's 69.15.

Ilkley's Most Improved Runner, Mark Iley, was also pleased to beat his personal best by three minutes, finishing in an excellent 80.31 in the first 50 runners. And Bridget Doherty also enjoyed a good run in 102 minutes.

Ilkley Harriers is a friendly club which meets at Ben Rhydding Sports Club at 7pm very Tuesday. Contact Ken Souyave on (01943) 609597 for more information, or visit the web site www.ilkleyharriers.org.uk.