

Runners enjoy a fast and furious Stoop Fell Race



IF it is warm The Stoop Fell Race over Haworth Moor is over an interminable bog, although less so in recent years with greater use being made of tracks to avoid peat erosion. However, if it freezing, like last Sunday, the race is fast and furious.

Perhaps that is why the race winner was Andi Jones (Salford), who is known to many as 'Roadrunner', in 28.52. Andi has represented the UK in the marathon and England in the World Mountain Trophy which is typically run on fast tracks so to see him on the fells is a rare pleasure.

And where was ten times winner Ian Holmes? Picking up the V40 prize in third place in 29.16 just behind England international Simon Bailey (Mercia) in 29.10. Ian turned 40 just two weeks ago and the Vet 40 record books will now be progressively rewritten.

Last year's winner, another international in Rob Hope (P&B) was fourth in 30.12. So a quality field and a huge entry of 295 runners.

First V50 was Steve Jackson (Horwich) and First V60 at 94th in 39.44 was Graham Breeze (Skyrac) who collected his 30th V60 win of the year.

Also for Skyrac Rob Weston was 45th in 36.46, in the prizes and first runner back for Skyrac. He was followed by Martin Farrar (79th in 39.04), Robert Pritchard (92nd in 39.39), Duncan Asquith, making a welcome return to racing after injury (96th in 39.56) and Malcolm Coles.

Also on Sunday another roadrunner, Peter Rawnsley, discovered at the Bolsover 10K that it can be delightful to be beaten. Although 48th and 1st Vet 55 in 39.36 he was outrun by a 17 year-old girl, who finished fourth lady. The race limit of 800 was reached weeks before the entry closing date illustrating the increasing popularity of fast flattish road races. However, when the average age of runners is increasing it is good to see youngsters putting in gritty performances.

Skyrac AC is based at Nunroyd Park on the Guiseley/Yeadon boundary and enjoys the facilities of the magnificent ANSA clubhouse. Skyrac can be contacted via www.skyrac.org.uk or 01943 874046.

Otley A C

LAST Sunday members of Otley

Athletic travelled up the Washburn Valley for the 16th running of the Ken Dixon Christmas Handicap at Timble. It was the final race in the Eric Smith monthly Handicap Series.

The cool, still conditions were conducive to running except for a suspicion of ice on the roads around Timble and Fewston.

Twentytwo members were present guaranteeing no one could rest on their laurels. The top three positions could easily be overturned.

Nick Marler was first off and remained in the lead until over halfway. The fastest on the Timble loop was Rogan Ashton with a time of 12.55. At this point the scratch runner had taken some five and a half minutes out of the leader.

It was noted that maybe the handicapper had been a little generous with some of the earlier runners. They had determined looks on their faces but could they have misjudged their pace?

It is a challenging route with the steadily mile climb up to the road junction above Timble and a further hilly section around Fewston Church.

With the felling of trees the final long gentle climb from Swinsty Hall gives a clear sight line. Those ahead in the last 400 metres can now be seen. In previous years enclosing conifers have obscured both the runners ahead and the finishing line. The finish no longer comes as a surprise.

First to come into view for the recorder and timekeeper was Antonio Cardinale, his running time of 40.43 being his best run for some years.

He was some 54 seconds ahead of Paul Clifford, who completed in 33.37. Paul produced a very impressive fourth fastest time for the second loop, overtaking 16 runners. He had knocked almost three minutes of his previous best for the course.

Ten seconds behind Paul was Graham Stead with a running time of 36.47, followed by Colin Best just five seconds behind. Andrew Robertshaw, 31.25, achieved fastest time of the day.

Paul Clifford's run propelled him not only into the medals but also into gold position. He accumulated a total of 132 points during 2005. Second was Phil Robinson with 128 points followed by Tom Hannah with 121 points.

Sixty members have taken part in the



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series this year and it provides both non-entry fee competitions for all club members and an excellent social monthly get together.

Further west six members took to the fells in the Stoop Fell Race from Penistone Country Park, Haworth. This has 800ft of climbing and is five miles in distance. It was won by Andi Jones, Salford, in a time of 28.32. Dale Foster was 32nd in 35.33, Edward Davies 43rd in 36.28, and Andrew Sumner finished in 45.15.

Further positions and times are not available. However, Bob Payne, David Cattenach and Don Buffam were also representing the club.

Jamil Parapia travelled to Langdale in the Lake District. The Great Langdale 10k is said to be a flat course and a member of Wesham Runners won it in a time of 32.28. The conditions were unfavourable, being cold and snowing. Jamil came fifth, exactly a minute behind the winner, in a personal best time.

Future events over the holiday period are the Chevin Chase, Guiseley, on Boxing Day; the Jolly Holly 10k, Ripon, on December 27; and the Auld Lang Syne Fell Race on New Year's Eve, from Penistone Country Park, Haworth.

Otley AC train from Otley RUFC, Cross Green, Otley, on a Tuesday and Thursday, meeting at 7.10pm.

They have a variety of training groups each evening with distances of three, five, six, eight and ten miles.

Each of these is frequently sub-divided to accommodate members' requirements.

If you have a place in the London Marathon or you just want to gain fitness in the New Year why not go down and give them a try? You could also visit the website otleyac.co.uk

Chevin Chase

THE ever popular Chevin Chase, organised by AireCentre Pacers, will take place on Boxing Day starting at 11 am. The seven mile race goes out from Guiseley over Otley Chevin and finishes

at the rear of Guiseley Infants School.

There are no entries on the day as this race is over subscribed before it even hits December.

There will be the usual smattering of runners in fancy dress as well as the more serious runners providing the usual colourful spectacle.

Ilkley Harriers

SUNDAY'S Stoop Fell Race was a five mile romp over the frozen Bronte fells, with some real quality at the front of the field - Andi Jones beating Simon Bailey and Ian Holmes and a host of other top fell runners in 25:52.

Ilkley results were: 19, Jamie Hutchinson 33:48; 39, Jim Ryder 35:38; 54, Lawrence Basham 37:33; 70, Mike Baldwin 38:15; 110, Morgan Williams 40:32; 129, Jo Foster 41:49; 146, Pange Srivastava 42:36; 156, Paul Wood 43:40; 166, Ed Battye 44:17; 185, Di Kitchen 45:40; 217, John Coates 47:50; 237, Jemma Basham 49:15; 238, Bob Payne 49:18.

In the U-8s James Turland finished in third place in 3.02. In the U-10 race Sam Wood was 31st overall and 6th U-10 in 8.35. In the U-12 race Josh Crane was 12th overall and 5th U-12 in 7.09. In the U-14s Tom Crane was 14th overall in 7.22 with Ruth Kitchen 23rd overall and 1st U-14 girl in 7.59. All these times are quicker than previous best times.

The Great Langdale Xmas Pudding 10k, from the New Dungeon Ghyll to Elterwater and back, had Andy Wiggins 44th out of 530 finishers (9th M40) in 39:50. Alison Bennett was 68th (5th lady overall, 1st L40) in 41:47, closely followed by Andrew Herbert in 72nd place with 41:57 - all were presented with a 1lb Christmas pudding at the end!

Vic Verecandi, whilst on holiday Down Under, entered the Western Suburbs Triathlon Club (Melbourne) club triathlon - 400m swim in 12.56, 15 km cycle in 38.42, and a 3 km run to finish off in 13.02

Ilkley Harriers is a friendly running club, training from Ilkley Lawn Tennis and Squash Club every Tuesday at 7pm - more info on www.ilkeleyharriers.org.uk

Orienteering

THE British Orienteering Rankings have just been published for the year of 2005. These are based on results gained in

the year in England, Wales, Northern Ireland, and Scotland.

The following senior Airienteers (from the orienteering club for the Leeds and Bradford area) have achieved a top 20 ranking in Britain this year (national ranking in brackets):

M21 - Ian Nixon (16); M3 - Neil Conway (3); M50 - Peter Haines (2), Alistair Wood (8); M55 - Frank Kew (18); M65 - Robert Ker (11); W20 - Rose Burden (9); W21 - Becky Carlyle (11); W35 - Ruth Ker (4); W45 - Ruth Jones (6), Joyce Marshall (8); W60 - Hilary Allen (11).

Meanwhile, many Airienteers competed in the District Event organised by the East Pennine club at Newmillar Dam, near Wakefield, last Sunday. The area has a good path network making for fast times but there were plenty of technical challenges for senior runners.

The longest and most technically challenging race was the 6.3km Blue course which attracted over 100 runners, including some junior and veteran internationals from our region.

This race was won by Matt Crane of Sheffield University in an outstanding time of 29.58, well under five minutes per km.

Local runners were not far behind. Ben Stevens (M18) of Ilkley was fifth in 35.36 closely followed by Rob Patterson (M21) of Leeds in eighth place and Hector Haines from Ilkley in ninth.

There was a strong representation from other Airienteers which included (position in brackets): Graham Watson (11), Peter Haines (13), George Stevens (17), Tim Patterson (19), Ian Marshall (20), Tony Carlyle (23), Ken Patterson (32), Michael Cox (33) and Bruce Woodley (34) out of the 102 runners.

The leading results for Airienteers from the other courses included Laurence Doddy's (M35) win on the Green course.

Others were as follows: White (1.9km) - Sam Avis (2), Scott Marshall (4), Lucy Haines (7); Yellow (2.4km) - Stephen Ball (2), Beth Woodley (3); Orange (2.5km) - Joe Woodley (4), Rowan Ramsden (6); Light Green (4.1km) - Lee Beavers (7), David Machin (11); Helen Woodley (12); Green (4.6km) - Laurence Doddy (1), Nick Jones (3), Chloe Haines (10), David Johnson (13).

The next fixture is at Strensall Common, near York, on December 27. Details of this and other events at this friendly club can be found at www.aire.org.uk.



Ilkley Harrier Paul Wood makes one of his rare appearances out on the fells in the Stoop Fell Race.



Otley Athletic Club's Andy Sumner tackles the Stoop Fell Race after a long lay-off from the sport. PICTURES: Tony Fickes



Bingley Harrier Alistair Brownlee from Horsforth who was seventh out of 300.