

BEIJING OLYMPICS – HELLIFIELD GALA WHAT A BONANZA !!

Competing at the Olympics is the pinnacle in any sports persons career, and what a spectacular Beijing Olympics it was. All the hard work China put in to make them such a success was quite evident, and all those sceptics banging on about the weather and humidity couldn't have been proved more wrong.

Team GB had a fantastic games, the best ever, winning 19 gold, 13 silver and 15 bronze medals for a grand total of 47 – with Yorkshire folk taking 3 gold, 1 silver and 5 bronze medals for a grand total of 9. Yorkshire supplied 33 of the athletes competing.

But before you can take centre stage at the Olympics or anywhere you've got to do the hard graft. Whatever route you take to get there is up to you. 20 year old, Alistair Brownlee, the U23 World Champion competed at the Olympics in his 'second sport' the triathlon, in an enthralling and sensational race, which had you on the edge of your seat, screaming at the tv. Alistair's first steps towards stardom were taken by winning the Yorkshire fells championships in 2001, and he has since won a 'magnificent seven' titles. It would have probably been eight had he not been travelling to China for the Olympics when the Yorkshire Junior Championships were held at the 39th annual Hellifield Gala, but that at least gave others the chance to shine and win a treasured gold medal.



U14 medallists with special guest Mary Wilkinson. L to r: Mary, Jack Paige (Calder Valley), Silver; Richard Powell (Leigh Harriers) with Trophy and Benjamin Dakin (ua), bronze.

Yorkshire Trivia

Did you know these icons were Yorkshire?

Gordon Banks, Arctic Monkeys, Sean Bean, William Wilberforce, Michael Palin, Jimmy Saville, Amy Johnson, Kaiser Chiefs, Ben Kingsley, Ernie Wise, Joshua Tetley, Patrick Stewart, Kevin Keegan, Jarvis Cocker, Titus Salt, Guy Fawkes, Ken Morrison, Brian Blessed, Peter O'Toole, Freddie Trueman, Harry Ramsden, Jeremy Clarkson, Captain James Cook, Michael Parkinson, Ashley Jackson, Judi Dench, Henry Moore, Harold Wilson, Thomas Chippendale, Geoff Boycott and the Saviour of Radio 1, Chris Moyles.

Yorkshire Corner

13TH YORKSHIRE JUNIOR FELL RUNNING CHAMPIONSHIPS

SPONSORED BY BURTON SAFE LTD

'Ee by gum' it was a 'reet proper do', with a record breaking day out, as the sun shone brightly for the young darling buds of Yorkshire, who took part in what turned out to be a thrilling day's racing. Ten course records were shattered starting with Doncaster youngster, Jack Hardacre, who retained his U10's title, all the way up to the oldest competitor Peter Duffy, a young 73 year old, who set 44:26 in the 3.5 mile/850ft senior race. GB International orienteer, 21 year old Joe Mercer, who is studying medicine at Oxford University, won from 2006 winner Harry Coates, to also win the U23 Yorkshire Championship. In the process he recorded the third fastest ever time behind World Triathlon Champion Alistair Brownlee and GB International Jonathan Hare set by them last year. Joe showed no signs of fatigue from his Thursday win at the 9 mile 3000ft Rydal Round race in the Lake District, and is probably in the best form of his life. He broke away from the previous U23 champion Harry Coates just before the turn at Newton Moor Top trig point and although he was worried climbing back over Haw Hill, as Coates is a renowned climber, he crossed the finish line with nearly a minute in hand. In third overall came James Mountain who carried off the U18 title, having previously won the U14 title in 2004. This gave Skipton AC a clean sweep in the race, and made it a record 18 Yorkshire titles for the club. Third U23 was Malham Falconer Matthew Hurst who finished ten seconds behind the much acclaimed Long Preston athlete Mary Wilkinson who took nearly one minute off her own course record to finish sixth overall in a time of 26:39. The 27 year old international has a long association with this race, having first competed in 1993 as an under 14, finishing second to Sarah Dugdale. Mary too had competed at the Ambleside Sports on Thursday, winning the prestigious Guides race.

Second lady was Scunthorpe's Emma Clayton the 2007 British U23 champion and now newly crowned U23 Yorkshire champion. Only 23 seconds behind her in third was the new U18 champion, Ilkley's Jenny Dybeck. Jenny the 2006 U16 champion sliced an impressive 1-25 off last years championship time set by Skipton's Claire Lilley who collected a silver this time. Second in the U23 champs this time was Lucy Griffiths a previous twice winner of this category.

Keighley & Craven's Thomas Sessford the current English uphill champion, and a junior winner at Ambleside Sports showed his growing potential by retaining the U16 Yorkshire title, taking 29 seconds off his own record in the 3 mile/600ft race. But he was made to work

hard by Wharfedale's Jonathan Bradshaw, and Cowling Gala junior winner Billy Pinder of Skipton, who took silver and bronze. All three bettered the record.

Preston's Lancashire bronze medallist Nichola Jackson won the girls race in a new record time, taking nearly two minutes off Holly Craig's record, as did new Yorkshire champion Roberta Jenkinson in second. Giggleswickian Roberta has recently been called up to the Great Britain Junior squad for the modern pentathlon

Cowling Gala ladies winner Fiona Jordan won the silver medal.

Yorkshire born Richard Powell of Leigh Harriers won the U14 championship over the 2mile/500ft course with a runaway victory, and not surprisingly set a new record with Jack Paige and Hellifield local lad Ben Dakin collecting silver and bronze medals. Keighley & Craven's Rosie Hellawell took her Yorkshire title tally to three, retaining the U14 championship, having won the U12's in 2006, impressively Rosie finished second overall, Keighley made it a clean sweep with Charlotte Cox collecting silver and Chelsey Holder the bronze.

All the championship perpetual trophies have been donated by various Yorkshire international athletes, and in the U12's James Hall retained probably the most poignant of these, the John Taylor stained glass window award. It was donated by John's parents after he tragically died at the age of 32. He was a young Bingley athlete who progressed through all the age categories to attain international honours.

James broke his own record by 26 seconds as did Wharfedale's William Smith the new silver medallist and Rossendale's Callum Davidson, third, bronze medallist in the Yorkshire's was Keighley's Josh Ferguson who finished fourth. Another to retain her trophy was U12 Emma Wilkinson – and guess what – she also broke her old course record to the summit of The Haw and back 1.5 mile/300ft. The silver medal went to swimming sensation and triathlete Abby-Mae Parkinson of Bradford Grammar School.

One of the performances of the day has to go to Rotherham's Georgina Spencer who gallantly picked herself up off the Gala field after a tumble on the start line which left her in last position heading out towards the fell. The 12 year old showed true Yorkshire spirit and determination, and was rewarded with a bronze medal; although who knows what she could have achieved had she stayed on her feet.

It was a marvelous Yorkshire day of sport, showing fell running at its best, with everyone getting a warm welcome, even if you're not from

Yorkshire. Maybe next year we'll see more border raiders like Lancashire's Nichola Jackson. Well done girl.

Thanks must go to Stephen Moor and his girlfriend Jo for their tireless efforts in organising such a successful and enjoyable day's racing.

Boys Under 12 Yorkshire Championship		
G	James Hall	Bingley
S	William Smith	Wharfedale
B	Josh Ferguson	Keighley & Craven
Girls Under 12 Yorkshire Championship		
G	Emma Wilkinson	Spensorborough
S	Abby-Mae Parkinson	Bradford Grammar
B	Georgina Spencer	Rotherham

Boys Under 14 Yorkshire Championship		
G	Richard Powell	Leigh
S	Jack Paige	Calder Valley
B	Ben Dakin	Ua
Girls Under 14 Yorkshire Championship		
G	Rosie Hellawell	Keighley & Craven
S	Charlotte Cox	Keighley & Craven
B	Chelsey Holder	Keighley & Craven
Boys Under 16 Yorkshire Championship		
G	Thomas Sessford	Keighley & Craven
S	Jonathan Bradshaw	Wharfedale
B	Billy Pinder	Skipton
Girls Under 16 Yorkshire Championship		
G	Roberta Jenkinson	Skipton
S	Fiona Jordan	Ilkley

Boys Under 18 Yorkshire Championship		
G	James Mountain	Skipton
S	Steven Bayton	Halifax
B	Matthew Fretwell	Settle
Girls Under 18 Yorkshire Championship		
G	Jenny Dybeck	Ilkley
S	Claire Lilley	Skipton
Men Under 23 Yorkshire Championship		
G	Joe Mercer	Skipton
S	Harry Coates	Skipton
B	Matthew Hurst	Skipton
Ladies Under 23 Yorkshire Championship		
G	Emma Clayton	Scunthorpe
S	Lucy Griffiths	Holmfirth

30th YORKSHIRE FELL RUNNING CHAMPIONSHIP

Sponsored by Crosstrax and The Wharfedale Clinic

Can't keep a good 'un down

Pen Y Ghent is a grand Yorkshire mountain – all dramatic and powerful – which is said to command the skyline like a giant galleon sailing purposefully across the surrounding moorland. But in reality to Ingleborough's 273m (or for you oldies 2372ft) and Wharfedale's 236m (or 2419ft), it is the smallest of the Three Peaks at only 694m (or 2277ft). 203 runners enjoyed the annual Horton Gala before being waved off to ascend Pen Y Ghent via Brackenbottom, which is probably the best and most striking approach. Surprisingly this is only the third time the Yorkshire's, in its 30 year history, has used this race.

You just can't keep a good 'un down and Ian Holmes, again rewrote the history books by becoming the only senior tyke to win seven individual golds and seven team gold medals – although a certain Alistair Brownlee has won seven junior titles. 42 year old Ian has now amassed 18 Yorkshire medals in all. It all started way back in 1991 with a bronze medal behind winner Andy Peace and Steve Hawkins. At Pen Y Ghent Andy, a recent winner of the Otley Chevin race kept Ian company, but even Andy, a three times champion, had no answer on the descent.

Ian's individual gold medal reign started in 1994 at the then Kettlewell Classic race where Andy was runner up. Six years later in 2000 when at Burnsall Classic, Ian took gold again this time defeating Rob Hope, then a Yorkshireman. In 2001 (foot and mouth year), he won at the Withins Skyline, in 2003 at Pen Y Ghent, in 2005, at Settle Hills and in 2006 at Ilkley Moor.

Karl Gray won a third bronze medal, the others being in 2004 at the 3 Three Peaks and in 2006 at the Ilkley Moor race. He does have a silver medal from Settle Hills in 2005.

Victoria Wilkinson won the women's gold medal. It's astonishing that someone with such a pedigree has only run in the senior championship once before, when it was also held at Pen Y Ghent in 1997. The then junior athlete finished second to the legendary Carol

Greenwood with Jane Clarke taking the bronze. That year Vic went on to become Junior World Trophy Champion, beating Germany's Jennifer Wischnath by 12 seconds in a brilliant race, and with Charlotte Sanderson 10th and Emma O'Shea 15th, England won the team silver at Upice in the Czech Republic. Not only was it an England team, but it was an all Yorkshire one too! In the same year Emma won the silver medal behind Vic in the then Intermediates, while Charlotte won the U18's title.

Jo Waites having her best year ever won the silver medal, and led her club Calder Valley to their second team title, with Sharon Godsman and Linda Crabtree receiving their first ever gold medals. Jo had previously also led the team to gold at Ilkley Moor in 2006, when she picked up the individual bronze medal.

Lisa Lacon won her first ever Yorkshire fells medal taking the bronze. It's a pity the junior championships only started in 1996 because Lisa dominated the English junior champs in 1993 and 1994 as a U18 and the intermediates/U20's in 1995 and 1996.

MEN

Gold medal & trophy winner
Ian Holmes of Bingley Harriers

Silver medal
Andy Peace of Bingley Harriers

Bronze medal
Karl Gray of Calder Valley Fell Runners

Mens Gold Team medal winners
Bingley Harriers (Ian Holmes, Andy Peace & Lee Athersmith)

LADIES

Gold medal & trophy winner
Victoria Wilkinson of Bingley Harriers

Silver medal
Jo Waites of Calder Valley Fell Runners

Bronze medal
Lisa Lacon of Holmfirth Harriers

Ladies Gold Team medal winners
Calder Valley Fell Runners (Jo Waites, Sharon Godsman & Linda Crabtree)

Frank Gledhill

1934 – 2008

Earlier this year Yorkshire mourned the passing of a true Yorkshire stalwart to athletics, Frank Gledhill. He served on the Yorkshire committee for over 30 years and was a true inspiration to athletes, coaches, officials, in fact whoever he came in contact with. His knowledge, enthusiasm and passion for athletics and all things Yorkshire was infectious and his straight talking left you in no doubt to his views. He was the mastermind behind introducing boys and youths track and field in 1979, and has been team manager for Yorkshire far too many times to mention. Up until his untimely death every Tuesday and Thursday he was still

coaching and for a gent of 74 years of age, he still packed more into one day, than most do in a week. He is survived by his wife Pat and children Jane, Ian and Julie.

These Yorkshire Fell Championships are indebted to the hard work Frank and Pat have put in over the years, because without their influence they probably wouldn't be in existence for you to enjoy and compete in.

Every year Frank played Father Christmas at Lepton School in Huddersfield, and just like in athletics it was the joy he brought to others that made Frank tick. Who would have thought this strong Yorkshire character was such a big soft lump.

2008 Inter County Championships at Belmont Winter Hill – Greater Manchester

Victoria leads Yorkshire to gold twice

Former World Junior champion, now 30 years of age, Victoria Wilkinson surprisingly has only ever run the Inter County Fells once before way back in 1998 when it was held over Arrant Haw in Cumbria. There she finished with silver behind Jessica Turnbull of Greater Manchester. The Yorkshire team finished with bronze medals, the scorers being Jo Smith now Buckley, who took the individual bronze medal and track runner Penny Thackeray.

There was no denying Vic, the Pendle Hill and Puma Hawkshead trail winner, the gold at Belmont Winter Hill as she finished 17th overall, and demolished the 15 year old course record of England and GB athlete Janet Kenyon's by 2 minutes 42 seconds. Along with the other ladies she left some 200 senior male athletes including James Kevan, England junior team manager Bashir Hussain and Chris Beecham in her wake.

This was Victoria's second Inter County gold because earlier in the year she had impressively led Yorkshire to gold medals over the Cross Country discipline.

Last years British, English and Inter County champion Janet McIvor, who is challenging all the Lakeland long races this year, showed her speed isn't failing by taking the bronze medal after a gutsy battle with Katie Ingram from Lancashire, who just had the edge in the finish field. But with fantastic support from Black

Combe, Middlefell and Causey Pike winner Natalie White, 4th, and Bunny Series winner, Sharon Taylor, 9th, Yorkshire easily retained the Inter Counties title for the fifth time. Vic, also a mountain and cyclo cross biker, has competed in the Manchester Commonwealth Games, World, European and National championships before coming back to running. She became the fourth Yorkshire lady to win the individual title, with Mary Wilkinson (2005), Jo Waites (2006) and Janet McIvor (2007) being the others.

For the men John Heneghan, in his fifth Inter Counties for Yorkshire, finished with an individual bronze medal. New Wadsworth Trog record holder Karl Gray finished 10th, Ilkley Moor winner Graham Pearce 13th and Yorkshire fledgling Ian Nixon, the recent Greys Pike and Dick Hudson race winner, 26th. This only gave the Yorkshire team bronze medals, one point behind great rivals Lancashire, as Greater Manchester dominated yet again. John accepts responsibility for this one point deficit, since he was out sprinted in the final field by scotsman Alistair Anthony, and asked for this to be put on record. We feel however he is being very harsh on himself.

Both the Yorkshire teams wore black ribbons on their vests as a mark of respect to the passing of Yorkshire athletics stalwart, Frank Gledhill, who sadly was taken from us, he will be missed by many.

1	John Brown	Gt. Manchester
2	Alasdair Anthony	Scotland Central
3	John Heneghan	Yorkshire
1	Victoria Wilkinson	Yorkshire
2	Katie Ingram	Lancashire
3	Janet McIvor	Yorkshire
1	Gt. Manchester = 21	6th John Brown 7th Danny Hope 8th Darren Kay 19th Chris Heyes
2	Lancashire = 25	1st Robert Hope 9th Tom Cornthwaite 15th Mark Croasdale 17th James Kevan
3	Yorkshire = 26	3rd John Heneghan 10th Karl Gray 13th Graham Pearce 26th Ian Nixon
1	Yorkshire = 8	1st Victoria Wilkinson 3rd Janet McIvor 4th Natalie White 9th Sharon Taylor
2	North Wales = 34	10th Caroline Harney 11th Jackie Lee 13th Jenny Heming 26th Sandra Rowlands
3	Cumbria = 37	8th Pippa Jackson 14th Evelyn Dugdale 15th Lou Roberts



Team Yorkshire fly the flags at Belmont Winter Hill 2008
Lads, L-r: Graham Pearce, John Heneghan, Lee Athersmith (reserve), Karl Gray and Ian Nixon
Lasses -r: Natalie White, Victoria Wilkinson, Janet McIvor, Sharon Taylor

Photo © Dave Woodhead

A Ferrari & Winning Chocolate – Rosie has taste

**Rosie Hellawell of Keighley & Craven
- Yorkshire U14 Girls Fell Champion**

I went to lots of races with my older sisters, Becky and Maisie because my dad, Loz, is a runner and competed in the senior races, so I joined in when I was old enough, and really enjoyed them as I won medals and chocolate.

My first race was the Ilkley Fun Run when I was four, I ran round with my dad, while my two older sisters went off ahead. It was 3 miles long and towards the end I caught up both my sisters. I overtook Maisie and was just behind Becky at the finish.

My favourite races are the Penistone Hill races, Curly Wurly races, as it is always the same course, and I like trying to beat my times – also of course you get a lot of chocolate. I like racing as I get to go all over the country and see how I run against other people. I also enjoy doing the Bunny Runs as I get to run against the seniors and I enjoy beating them, especially any Keighley & Craven ones.

I train at Greenhead track, where my dad is a coach, twice a week. I also train most Saturdays and Sundays if I haven't got a race on.

I do many other sports which include rounders, cricket, rugby and basketball, mainly for Holy Family Catholic School, but the best sport I play at School is netball which I got picked to represent Bradford for. My position

is Goal Attack. My hobby besides running is art. I really like drawing and it's one of my favourite subjects. My favourite food is chocolate especially Galaxy, because it's so smooth and creamy. Mind you, Toblerone, Dairy Milk, Lindt or just about any chocolate is nice! I do love my Sunday dinners. Yorkshire pudding, roast beef, sweetcorn, peas, carrots, broccoli, cauliflower, roast potatoes and lashings of gravy followed by treacle sponge and custard. My mum, Steph, is a great cook, while my dad is rubbish!

My favourite type of running is the road, as you can run freely without stopping and starting. Fell races have stiles, walls and other obstacles which break up your rhythm and I prefer running to walking, but sometimes in fell races you have to walk.

My best achievements so far are representing Yorkshire twice in the Inter Counties Cross Country. In 2007 I finished 47th, 2nd scorer, but in 2008 being the youngest in the age group it wasn't so good. I also represented West Yorkshire twice in the English Schools Cross Country. On the fells I have been Yorkshire Champion 3 times in a row now, and in the English Championships



Left: 2005 Spooky Du
- Rosie with then British Champion,
The Count, Simon Booth

I've finished with bronze medals in the U12's twice, in 2005 and 2006. Recently I won the Eccup 2 mile junior road race, and my best road mile time is 5:23.

My ambitions are to own a silver or black Ferrari, to become a country GP and running wise represent my country, and maybe run in the Olympics at some point!

Rosie's talents are numerous, she sang 'Fame' in the school concert, was a witch in Snow White and if you look on You Tube you will see her on keyboard accompanying her sister Alicia singing Money, Money, Money made famous by Abba; now even more famous by these two! Take some time out to see this masterpiece – it's well worth it!!!

It can't get much better than that!

Richard Powell of Leigh Harriers – Yorkshire U14 Boys Fell Champion

I have been running at Leigh Harriers for 5 years, and joined them following a school race which I was fortunate to win. I really enjoyed it and wanted to continue. Running is probably my favourite sport, and one of my proudest moments was representing the Holy Land (Yorkshire) at the Cross-Country Inter Counties in Notts, where we gained a gold medal in the team event in 2007. I enjoy the track. I've done 2.14 for the 800m and 4.38 for the 1500m this year, but I am better at Cross-Country, coming 7th in the Inter Counties in 2008. I really enjoyed the Fell Race at Hellifield recently, and becoming the Yorkshire Champion is an ambition come true, it can't get much better than that!

I like many other sports, I swim regularly and have participated in an Aquathon. I played centre midfield football for Wigan Athletic FC for 3 years, and represented the District at Cricket, where I am a 'swing bowler'. My batting average for my club team was 107.5 this year, and of course "Sir" Geoffrey Boycott is my cricketing hero.

Of course I support the Mighty Whites, Super

Leeds United FC, Yorkshire CCC, Castleford Tigers and Yorkshire in all other sports. Unfortunately I don't watch them as much as I would have liked, because Chris my Dad got us moved to the Dark Side (Lancashire). If you haven't been to the dark side before, my advice is don't go, it's horrible! My dad is now a Headteacher of a High School, but would obviously like to move back to the right side of the Pennines. My Grandad Keith, 70 years of age, who lives in Yorkshire – thankfully, is a very good table tennis player who has been to the World and European Championships with England and he has won Bronze medals at both.

I was born in Dewsbury, like my 2 brothers Thomas (16) and Robert (12) who both run, and I go to Sale Grammar school near Manchester (ugh!) with them. I play the flute at grade 3 level, and participate in as many School Productions as possible, which are highly regarded and last year gained national distinction. My ambition is to become an Olympian, and as for a job I would like to be a GP with my 2 brothers and own a practice when I am older!



Photos © Dave Woodhead

GREAT 'DAD RIVALRY' JUST MOTIVATES ME!!!

Emma Clayton of Scunthorpe Harriers – Yorkshire U23 Ladies Fell Champion & English U23 bronze medallist

'I started running in 2001 where I competed in track events at school which then progressed to cross country in the winter. Several seasons saw some top rankings for my age group in West Yorkshire leagues, and I was lucky enough to represent my county (Humberside) at English school and national standard.

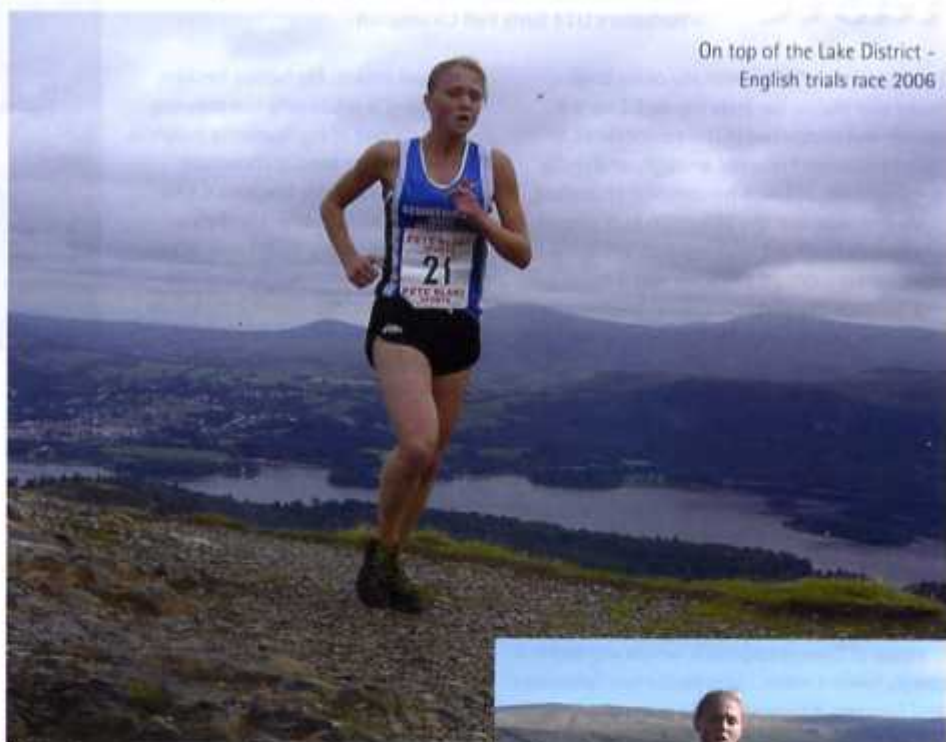
When I was about 14 years old Phil my dad heard about some thing called "fell running", so we travelled to Haworth, Yorkshire in December, to compete in the quarry runs. I found this race quite hard and the weather was awful – wet and cold – but I was determined to keep at it. This was my first fell race, and where I first met a loud mouth Yorkshire man who gave me lots of praise, encouragement and inspiration. I have since been back to Haworth several times, running in the Stoop, Stanbury Splash and Auld Lang Syne races.

In 2004 I started doing the English Junior Championship races. In 2005 I got a silver medal in the championship to Emma Stuart which guaranteed my place in the England team for the British and Irish fell running championships in Southern Ireland. We got team gold there and I again came second behind Emma Stuart, with Anna Anderson third. In 2006 I was third in the British and Irish Championships in Belfast, where we got team gold once again, with Dionne Allen second and Anna Anderson fourth; Emma Stuart won the race, but wasn't in the England team.

My greatest achievement to date was also in this year. I came second in the World Mountain trial race in Wales. This guaranteed me a place in the junior team to compete in Turkey for the World Mountain Trophy where I finished 11th overall. Heather Timmins, Jenny Reed and myself just missed out on a team medal.

2007 saw me move up to the under 23 age group. I was now 18-19 years of age, and still competing in the English and British championships. I finished second overall behind Sarah Tunstall in the English and was the British Under 23 Champion, although I don't really consider this an achievement as I was the only athlete to score points in the championship. I found running with the seniors a good experience and I was able to record some good times and positions in some of the shorter races. However I do consider some of the longer championship races unsuitable for the younger U23s, and I only feel confident doing them with some sort of back up – my dad! Having support from my dad in the much tougher races is a great confidence boost. Knowing that he is running behind me and will support me if I am struggling is reassuring. Not all of the U23s have this support in the longer races, therefore some do struggle or do not even enter them.

The jump from a junior to an U23 has been a big one for me, and I know it has for others,



On top of the Lake District – English trials race 2006

however knowing my dad is there to support has helped me to progress.

Even though my dad has been a great support throughout races I do get a lot of stick from him if he beats me. There has always been a lot of rivalry between me and my dad, especially when a fell or mountain is involved. We definitely don't let one another live it down if we win. When I was actually asked to write this piece the first thing I did when I got off the phone was text my dad to tell him I had been asked to write for the fell running magazine. His reply: "What about? How to keep getting beat by your dad?" It's great to have my dad around to race with and I do actually enjoy the banter we share, it motivates me to do better!

This year I haven't done as much fell running as I would have liked due to being offered a full scholarship in America, Louisiana for track and cross country, which made me train more towards this rather than fell. As I have been training on track and road more I have developed some better PBs which are: 1500m: 4.48, 3000m: 10.21 and 10k road: 36.54 (this was at the Ribbles Valley race, which is quite a tough course!).

I was actually due to start in America in August 2008, however due to some paper work not being sorted it has been put on hold until next August. This means I can finish my final year at Leeds Metropolitan University where I am studying BSC Sports Coaching. I aim to study a Masters Degree out in America, and I



The Great Wharfedale Championship race 2007

am yet to decide what I want to do after I have finally finished studying. Staying in England this year also enables me to have another year on the fells competing in the English and British championships although, as I didn't think I would be here for the last few races, my opportunity to claim a medal position has slipped away. Despite not having done as much as I would have liked on the fells this year, I have had some good races. I have won Ilkley Moor (dad passed me on the final descent again!), Winterhill (that was another tough one, although still beat my dad), Anniversary Waltz and Miggely Moor. I enjoy racing in different parts of the country (although I've had several bad experiences in Wales). One of my favourite races is Shepherds Skyline. I'm looking forward



All the fun of the gala. L-r: Emma, Mary Wilkinson, Jenny Dybeck, Sarah Dugdale and Ruth Whitehead

to that one again this November. Me and my dad even did the Helvellyn race once (from St John in the Vale) - now that's a climb - and that descent at the end!

Being at University and living in Leeds this year has enabled me to compete in the Yorkshire U23 Championships at Hellifield, although prior commitments made me miss the senior champs; Hellifield was where I became Yorkshire U23 champion which was a great achievement as I haven't been able to class myself as a Yorkshire girl due to living in Lincolnshire most of my life.

As years progress I hope to develop from a U23 into a senior fell runner worthy of competing with the best, and hopefully get a chance of getting my English and British vests for competing in the Grand Prix, World and European Championship races. I also hope to improve on the track, road and cross country; hopefully training and competing out in America for a few years will help realise these goals.

Finally I would just like to say a great thanks for the support I have had from my friends and family especially Steph, my Mum, who throughout the years has frozen her socks off in the middle of fields in all kinds of weather, waiting for me and my dad to come through the finish line. Also to my boyfriend Ste who has encouraged and motivated me to go out and get my mileage done!

The great feeling of "belonging" to that elite group of hardy souls who brave the fells and mountains is amazing; I really want to thank all of those people who have supported me whilst running and offered encouragement and advice both before and after some really tough races...

You know who you are... thank you.

P.S. One athlete who has given me true inspiration is Welsh girl Gina Paletta, who certainly wasn't the best runner a year ago and also didn't appear to take the trials race too seriously. Well what a difference a year can make, she has excelled in one year and she has developed into an exceptional international runner! A year can make such a difference, and she has really inspired me to become a better athlete!! - Just heard Gina finished 5th in the World Trophy race - **WOW !!**

Emma is one of the fast improving athletes. This year she has had wins at Ilkley Moor, Anniversary Waltz, Winter Hill, Midgley Moor, Hodder Valley and at the last English & British championship race at Dufton Pike she finished 3rd, just behind new 2008 English champion Natalie White and new U23 English champion Lizzie Adams.

CLIMBING TO SUCCESS

Thomas Sessford of Keighley & Craven - Yorkshire U16 Boys Fell Champion & BOFRA U17 Champion, British & Irish U16 champion, joint 2nd in the English Championship, and 2nd in the English Schools year 12-13

'I prefer running on the fells because every race you go to is different. The courses vary in gradient and distance - this makes it more interesting. You also get to go to some nice places all over England and meet up with friends.

When I was at Hothfield Junior School I first started running by doing the Bradford schools cross country races and winning a race at Northcliffe Park.

My first fell race was at a Woodentop organised race: a Quarry Run on Penistone Hill when I was 9 years old.

So far my best achievements are 1st in U12 BOFRA championship both in 2003, 2004 and in 2006 I won the U14 BOFRA champs. In the FRA English champs I was joint 1st with Ryan Gould in 2004 and represented England at U14 level in Ireland in 2006. I have also run as a reserve for England in Wales in the U16's. I am the U16 Uphill English Champion for 2008. I have represented Yorkshire at cross-country in the U13 and U15 age groups, and have 2 silver medals from the Yorkshire Fell Champs at U14 in 2005 and 2006. I have now won the Yorkshire Fells for the last 2 years. Through Silsden Junior Football club who I used to play for, this year with my dad and nine others I completed the National Three Peaks. This involves climbing Ben Nevis, Scafell Pike and Snowdon, the three highest mountains in Scotland, England and Wales. We did this on the weekend of the longest day completing it in 23h 03min. We raised £2000 for the Yorkshire Air Ambulance and Upper Wharfedale Mountain rescue.

As for my favourite races they are Alva Games in Scotland, where I have now won the U14 and U17's, Kinsey Show in the Yorkshire Dales, I have finished first in the U12, U14 and this year won the U17's. I also like Grasmere Sports and Wasdale Show in the Lake District - I've won categories in these too - because they are very steep races, and I enjoy climbing, the steeper the better. This year at Patterdale I won the U16 Uphill English Championships, just out sprinting Ashley Kay at the top, another good hard climb!

The things that influence me in my running



Spooky Do 2004: Thomas dressed as a bat shares the championship trophy with Ryan Gould with celebrities Lou Roberts, Sharon Taylor and Karrie Hawitt

are the prize money in some races, and in others gaining selection to run at a high level through trials races and championships.

There are two other family members who are runners who got involved through me racing. My dad Paul runs in the V40's and my brother Harry, 'runs' in the U14's.

The other hobbies I have besides running are mountain biking, swimming, golf and X-Box with the best being Call of Duty 4 and any racing games.

I have just finished year 11 at South Craven School, and am staying on at school into 6th form, studying maths, physics and engineering A levels.

I like quite a bit of different food. The curry's from our local Indian are very good and pizzas from Stefano's takeaway are very nice as well. I eat quite a lot of pasta.

Action/thriller films are my favourites, like Die-Hard and Rambo. The last one was the best in my opinion, good action. I listen to quite a bit of music like dance, Bassline and a bit of other stuff too.

My track PB's are for the 800m: 2.24 set at Cleckheaton in 2004 and 1500m: 4.41 at Leeds Carnegie in 2005. 3K: 9.49 at Stretford in August this year. I have also done a road 5K at the Esholt 5K road series. I did a time of 16.42'

'HOLLOW LEGS' WORK WONDERS!

Jenny Dybeck of Ilkley Harriers - Yorkshire U18 Girls Fell Champion

'My first memory of racing is from Windsor Castle where my dad, Nick did the half marathon. I foolishly entered the 'sprite sprint' with Kate, my younger sister, and lots of other much bigger and older kids. I finished in a fairly respectable position and somehow loved it! My dad has always been fell running, so I think I grew up to appreciate the sheer madness of scampering around on a damp mountain just for the fun of it!

My oldest trophy is from one of our local Ilkley Moor races, where I was 2nd Under 9 girl - a proud moment! From then on I did lots of little races, not winning much but sweets but thoroughly enjoying myself! Then, when I was about 11, I decided this ridiculous sport was too hard, and gave up. I started at a new school and decided hockey was my new favourite sport. Then, about a year later, I started training and racing again, mainly thanks to my parents who suggested I joined Ilkley Harriers. With the brilliant training I got there, I steadily improved and enjoyed competing more and more.

When Dave asked me to write this, he hinted that having fell running as a main hobby is seriously sad, and that I might want to include something more interesting or mainstream, such as stamp collecting (which, Dave, I'm sure is a very worthwhile hobby). But I think here I'm going to have to hold my hands up and admit that I am a truly boring person, because apart from the usual teenager-ish hobbies like eating, sleeping, socialising and shopping, fell running is what I do! Speaking of eating, I think I owe much of my ability to run to my mum Sarah. Combining her ever imaginative cooking with my 'hollow legs' seems to work wonders! My favourite running related foods are pre/post race pasta and pesto in unladylike quantities, which always goes down a treat!

The races which I'm most proud of are probably winning the Yorkshire Championships (U18's) this year and the Yorkshire U16's in 2006. This year, because we ran with the seniors, I raced against my dad. I have to admit I was a lot more nervous about beating him than going for the Yorkshire trophy, so it was a major relief when I beat him by a mere 16 seconds! The course at Hellifield was a good one, apart from the cruel sting in the tail after the stream on the way back - thank you to the fellow runner who encouraged me to keep running which helped to keep my approaching dad at bay! I really wasn't expecting a win there, so I was chuffed when I got a big shiny trophy which is now doubling up as a second mirror in my room! Sadly, though, I missed the legendary chocolate chuck out, so I'll be there at the front of the mob



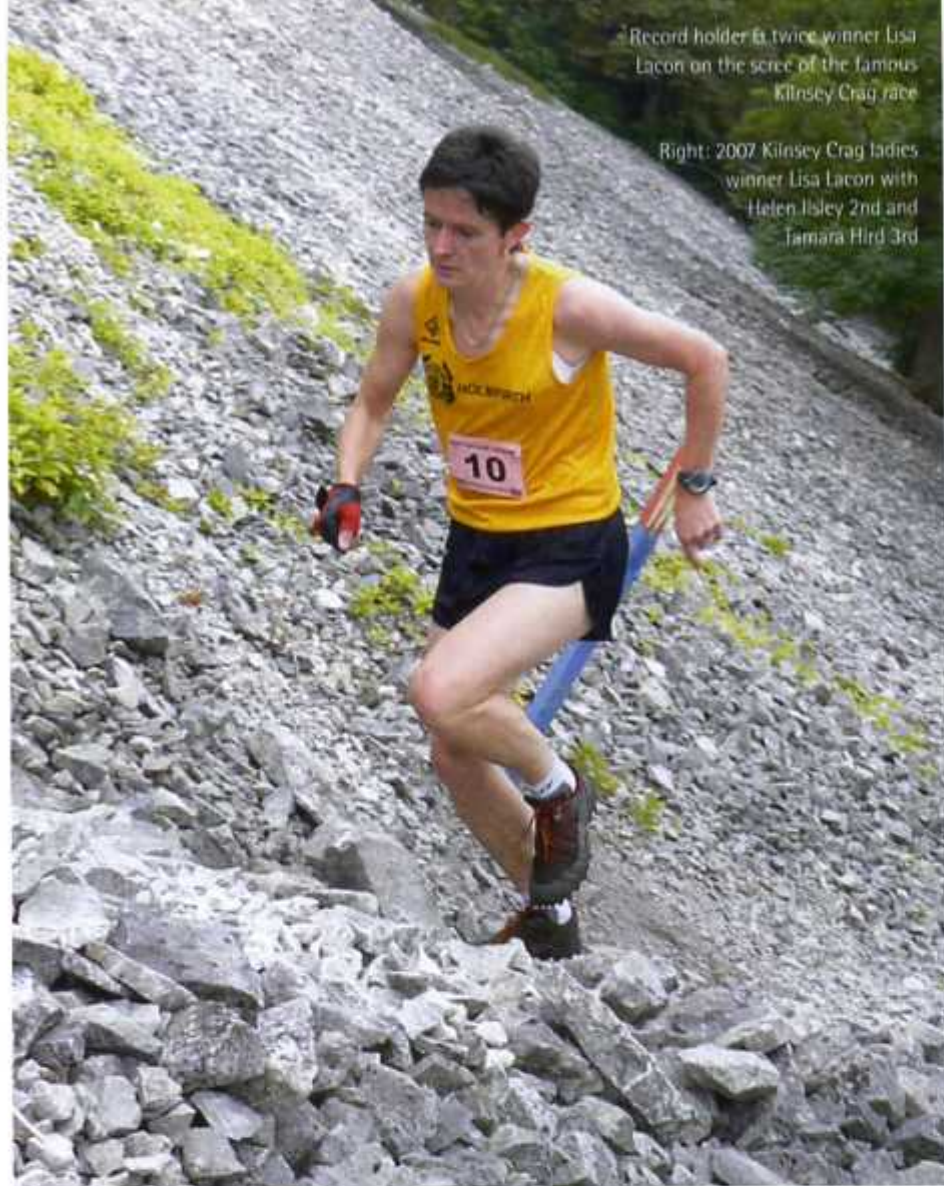
Above: Kettlewell Fell Races Jenny Dybeck (87) & Rosie Hellawell (58). Inset: Windsor Castle Jenny Dybeck gets ready for the Sprite Sprint, while dad Nick does the half marathon. Below: Jenny Dybeck competing at Kilnsey Crag race 2007

next time.

When someone asks me about my ambitions, I generally just say something boring like keep competing, and carry on enjoying the sport, but that doesn't make for interesting reading so some deeper thought is required... I'd love to do some kind of epic long run like the Bob Graham, but at this stage I think that's a bit optimistic. Shorter term ambitions include hanging on to my big shiny Yorkshire trophy, and carrying on pushing myself to do bigger senior races and widen the gap between me and my dad! I have to thank him for getting me in to this crazy sport, and also to everyone at Ilkley Harriers who coach and support me.'

Jenny is now establishing herself in the senior ranks, recently winning the ladies Ilkley Incline race, even though she's still a U18. Just to show how she's improved, Jenny knocked a minute off last years time - not bad for a one mile race!





Record holder is twice winner Lisa Lacon on the scree of the famous Kilnsey Crag race

Right: 2007 Kilnsey Crag ladies winner Lisa Lacon with Helen Isley 2nd and Tamara Hird 3rd



TRACK, KARATE, THE FELLS & THE GLADIATORS!

Lisa Lacon of Holmfirth Harriers – Yorkshire senior bronze medallist & BOFRA ladies champion

It was in 1986 that my dad, Barrie, got talking to another dad, Antoni Taylor, whose son was the late John Taylor of Holmfirth Harriers who tragically died in 2002. He was telling him all about John's running so my dad said 'our Lisa could have a go', **(thanks dad!)**. The Taylors, Antoni and John, picked me up and took me down to Holmfirth Harriers where I ran about as a very shy ten year old, smiled, came home and cried, my legs hurt! Thursday came round again, and dad said 'are you going again?', my answer was 'I'll give it one more go', I came home and cried again. But I persevered and I'm so glad I did.

A year passed by training, and Antoni said it's about time Lisa had a go at racing, so my first race was a cross country at Spenborough. John said to me 'you need to warm up', so he took me

to warm up, which was like a race to me. Since I had no spikes John gave me some – I was size 4, and they were size 8 – a little big! When the gun went off so did I, like a bullet, out to the front **(nothing's changed there then)**, I led for ¾'s of the race, and finally finished 4th.

Week by week, races came and went. At 13 years old I gained my first Yorkshire vest in 1990. From then on I've represented Kirklees Schools, West Yorkshire, Yorkshire and the North of England all at cross country, at all different age groups. I was also the West Yorkshire cross country champion in 2000. I've travelled as far South as Birmingham, and North to Blackpool for track racing, mostly using public transport.

I remember on one occasion we travelled to Stretford track in Manchester after school by

train. When my race was called, I vaulted the rails on to the track, slipped and broke my wrist. My dad went mad **(no sympathy)**. We came back home, then went to hospital. What a waste of a night.

On the track I competed in the West Yorkshire 800m for 4 years, winning gold, bronze, silver and gold again in succession. In the U13 and U15 ages I won gold, and my pb was 2.26.5, and in the U15 Yorkshire championships I finished 4th, just missing out on the bronze medal.

But my favourite was the fells. My first race was at Hope in 1988 when I won the junior race aged 12 and a trophy, I also won at Shepherds Skyline aged 12. I became the English junior fells champion 4 times, twice at U18 in 1993 and 1994. 1993 gained me my England vest for the Home International at Grasmere, where I finished 4th in the British Championships behind Scotland's Emma Gorman, Victoria Wilkinson and Linda Graham. England placed 1st team with Victoria, Linda and I, my other two titles were at U20/intermediate in 1995 and 1996.

In between all the running and racing, I also participate in Karate, Wado – Ryu, which means *way of peace*, which I started when I was 16, because I loved martial arts films, especially Claude Van Damme. The reason was that I wanted something else besides running and my dad did Kung Fu. He was red sash - one black mark, which in Karate would have made him a black belt. I always remember sitting next to the sweet shop, excitedly eating my sweets, watching him train. At Karate I have fought up and down the country winning large trophies, one even stands about 3ft tall. I trained with the elite England squad at Loughborough University in 1997. The training was very hard and intense, but paid off as I was selected for the England team. From this I won the bronze medal in the British championships, ***I was robbed as I should have won gold – bad refing!***

I don't compete at Karate anymore and only spar at the Scissett Karate club, which John Adair, established 30 years ago and which we both now run. We have 30-40 students. My current grade is black belt 3rd Dan, while John is a black belt 5th Dan. John also is a good club runner with Holmfirth Harriers. The reason I don't compete anymore is because I suffered a

Photo © Dave Woodhead



Burnsall champions
Ian Holmes & Lisa Lacon

Below: Lisa & John
put junior fell runners
through their paces

Photo © Eileen Woodhead



broken rib last year courtesy of John. I think he was getting his own back for when I kicked him in the face and broke his nose a while ago. The rib was broken on the Friday night and I had a training run on the Saturday, not knowing it was actually broken. Nobody believed me even though I was moaning with pain (**no sympathy again**). On the Sunday I raced Oldfield fell race after taking painkillers and finished 2nd lady, in more pain than I was in before. Afterwards I visited the hospital and was told to rest for 6 weeks – no exercise – I didn't dare tell the Doctor I had just raced that day.

One of the strangest things I've done was that I participated in the Gladiator trials, twice, for the TV show in 1997 and 1999. This included completing the 800m on a treadmill, then 5 pull ups, cross a monkey ladder, climb a 20ft rope, all within certain times. Then the best bit, a fight with the big cotton buds (pugil sticks), which I did with no problem, even though I had to beat a massive body builder who had ruled the roost all morning – she was far too slow – I'd passed with flying colours! Then came the worst bit – I had to sing 'Happy Birthday' to my favourite Gladiator, Rhino, in front of the cameras. I just couldn't, I got all embarrassed and forgot the words. Believe it or not I failed twice at this point, so I gave up on the idea of TV stardom.

This season I've joined the British Open Fell Runners Association (BOFRA). I've really enjoyed their race programme and their championship, which I won. In the past although I've done some of their races I didn't realise you could be a member of BOFRA and the FRA, so this year I've done both. Their races compared to the FRA calendar tend to be more fast, more furious and more steep! One in particular springs to mind: the Alva race at the Alva Games near Stirling – I couldn't walk down the steps for 3 days

afterwards, but I loved it.

Ambition wise it's just to carry on running, do my best and if a senior England vest came my way it would be a nice bonus, but really it's just to enjoy my running.

In a nutshell, I love fell running, the great scenery, the friendly people, out in all weathers, that element of danger and some races even have lovely cakes and buns to sample after.

Lisa has competed in 5 FRA English & British championship races, The Moume Mountains – 14th, Black Combe – 8th, Moel Elio – 8th, Blackstone Edge – 20th and Dufton Pike – 7th. The 32 year old also set new records at the Half Trog and High Nick Cup, along with wins at Broomhead Chase, Windmill Whizz, Austwick Amble and the Burnsall Classic.

On her way to winning the BOFRA title, which means completing 8 out of 15 championship races, Lisa won 7, Kettlewell, Helm Hill, Kirkby Gala, Alva Games, Hawkswick Dash, Farleton Knott and Burnsall. At Cracoe and Ambleside Sports she finished second to Mary Wilkinson both times. At the non championship famous Kinsey Crag race she won the trophy for the second year, and is still the course record holder at 10:36. This race route has to be seen to be believed.