

Soreen Stanbury Quarry Races

...or the 'Soreen eager, lean, mean squidgy Quarry Runs'



It was impossible for the junior runners to stand up never mind run, the wind was that strong and cold. Twenty nine eager, lean, mean, squidgy runners splashed and dashed their way round the U8's course.

Jath Lee, second in the Withins Rat Runs U8 race, won from James Johnson and Clayton's Chris Brown. Chris is improving fast, being twentieth at the Rat Runs and thirteenth at the Stoop race.

It was a thrilling finish in the GU8 race with four seconds separating the first four girls. Emma Lloyd improved from tenth at the Rat Runs to win, Mollie Hesketh finished two seconds behind, another second to Charlotte Bennison and another to Alayna Irvine. Alayna of Clayton Le Moors also ran in fancy dress costume, being 'Little Miss Sunshine'. Alayna always gets into the

spirit of these races and dons fancy dress, good on yer girl!

Stoop U12 winner and U10 record holder Joshua Newbold won the combined U10, U12 and U14 race outright from 107 runners, with U14 Matthew Merrick second and U12 Thomas Nelson third.

Holmfirth Harrier Callum Durrans, the Rat Run U10 winner won again from Harry Johnson and Eric Beaumont. Eric is definitely one to watch having won the U8 races on Penistone a few times and is joint U8 record holder.

English and Yorkshire silver medallist Lucy Byram won the GU14's from twin sister Erica, Natalya Irvine won the GU12 from Bethan Morley, whilst Ilkley team mate Emily Elmes won the GU10 from Caitlin Rimmer.

Holmfirth Harriers provided the GU16 winners

in Sophie Spencer and Eddie Hinchcliffe, Eddie had the honour of setting off the 372 senior runners. Besides Little Miss Sunshine two other juniors, Lewis Hodgson and Angel Smith, ran in fancy dress both appropriately dressed as **Soreen** malt loaves, all three received more malt loaf and a box of Heroes chocolates each.

Soreen goody bags were enjoyed by all the junior runners and malt loaves, Go bars and chocolate were thrown in the air after the junior prize giving. All the junior and senior category winners collected a signed picture of Yorkshires very own world champion triathlon brothers Alistair and Jonny Brownlee.

Thanks to **Soreen** for their continued support which makes this race very unique and popular, that's why it's affectionately known as the Malt Loaf Run!

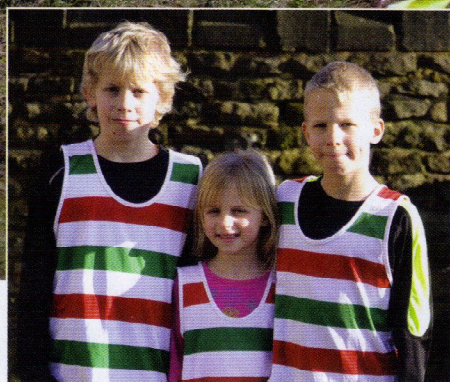
Soreen U8 runners splashing away: Race winner Jath Lee (11), Alayna Irvine (5), James Johnson (44), Holly Bennison (2) Retford Holdsworth (22), Nate Holdsworth (21), Evan Mills (18) and Emma Lloyd (13)



Jujitsu or running – I chose running!

by U8 Quarry Run record holder Eric Beaumont of Keighley & Craven AC

Photos © Dave Woodhead www.woodentops.org.uk



When I was seven I started going to Keighley running club, as it is just over the road from home, mainly to do the games, but then I started to do some running. In February 2011 I did my first race and really enjoyed it, I think I was about fifth, but I trained and got better. I then started to win or come second in races. I won my first race at Lothersdale. I remember getting a bag of sweets for winning and my mum and dad said I had to put the bag in the trophy cupboard because it was my prize. Eventually they let me eat the sweets and they got me a trophy.

I like winning cause I get trophies and sometimes I get sweets, I like the trophies better because I can take them to school and show them in assembly.

My dad, Shane, used to run when he was at school, so he takes me and my brother Jack out

for a run up to Keighley Gate, at least once a week. We also go and do hill reps on a Wednesday, so I can get faster up and down the hills when racing. As well as that I do a five mile run on a Monday, track on a Tuesday and training on a Thursday which can be hill reps or a run, all with my friends at the club. I rest on a Friday if I have a race on the Saturday, but I always go on a short run of about four miles just to loosen my legs if racing on the Sunday. Sunday is a day off, as I go to my grandmas, unless of course I'm racing.

All my training helps me to win my races, I won the club championship in the under eights last year and now I am nine I get to run in the

longer races which I like. I have raced in the U12 races a few times and done really well, I came second at the BOFRA Muker Show race at the beginning of September last year and I ran at Ambleside Sports, I think I was about nineteenth. I also get to race against my brother in some races. I ran my first club championship race on Sunday 22nd January in the Soreen Quarry race where I came nineteenth overall and third in my age group, my brother was fifteenth overall so I will beat him soon as long as I keep training. My sister, Sophie, turned six last October, so she can now compete in the U8 races where she finished twenty second overall, but more importantly eleventh girl.

As well as my running I do a lot of other activities.

My week is:-

- Monday** Art Club then swimming lessons then running.
- Tuesday** Sportshall activities and running club
- Wednesday** Gym then running with dad or hill reps.
- Thursday** Football then running club
- Friday** Mums day off from running us around to activities.
- Weekend** Racing and grandmas

I also have a brown belt in Jujitsu, but had to choose between that or my running, I chose running.

My Ambition now is to beat my brother and to win the U10 club championship and the BOFRA title if possible.

Photos, main: Eric chased by Max Nicoll, Sophie Spencer and Harry Johnson (10) at 2012 Soreen race
Insert: Team Beaumont – Jack, Sophie & Eric
Below: Eric winner of U8 Stoop race 2011 race



Photo © Dave Woodhead www.woodentops.org.uk

My sporting life – the story so far

by *Natalya Irvine of Clayton-Le-Moors*

When I was being looked after by my nana and grandad and on the way to Hurstwood, where my Uncle Neil Worswick lives, I used to run ahead of them in the fields. Grandad told me I would be a great little runner as he had run for the county in Ireland. I never really bothered about it when I started school at St. Johns in Cliviger. Instead I started to play football. Grandad used to watch me and encourage me, but he could see I was not too happy. I got bullied, because I was the only girl in the team. He told me to join the cross country running team at school with Mr Hargreaves. I joined the team and enjoyed the training and fun.

My first race was in the Burnley Junior Schools Cross Country Championship, there were nearly 200 starters. I was only nine and was running against girls older than me in years 5 and 6. I got off to a slow start, but soon found a comfortable pace. I put my head down and started passing other runners, I ended up finishing fourth. My dad, nana and grandad were at the finishing line and it felt so good to finish so well. From that moment on Uncle Neil got me signed up with Clayton-Le-Moors Harriers and I have never looked back.

I have a club trainer called Marion Wilkinson who is the Clayton junior coach and who helps me train and gets me ready for all the races. She is a really nice lady. From then on I did every race I could possibly do mainly on the fells at U10 level. I loved it. My younger sister Alayna was keen and entered some of the U8 races from the age of four and did very well. My dad says she will be better than me when she is older, because she does not have asthma as I do. When it is cold my breathing is terrible. My dad rubs Vick on my back and chest to open my airways. I do struggle, but my inhaler helps. As I am getting older I seem to be getting better with the symptoms.

I entered "The race for life" in 2010 in a line up of 2000 plus and finished in eleventh place. I ran in memory of my grandad Alan who died of Motor Neurones Disease when I was three. That year I competed in the Mid Lancs and Red Rose cross country series and I think I finished seventh overall in both of them. My best race was at Witton Park in the Lancashire Athletics XC, I came third and got a bronze medal. It snowed like mad that day and my feet were freezing.

My favourite races are at the Woodentop Quarry fun runs. Both I and my sister go in fancy dress and run around the quarries in always freezing horrible conditions. That is how kid's races should be, because we get lots of goodies afterwards and Dave is barmy. The weather doesn't matter. We always go into Haworth afterwards for fish and chips and to the Old Sweet Shop.

I did the Burnley schools cross country race again in 2011 and actually won it this time and beat the pace setter back! The first time anybody

at school had ever done this and I was still in year 5. I also did the Race for life again in 2011 and in a line up of 1500 plus I came second to a 35 year old fitness instructor and really enjoyed chasing her even though I was still only ten.

After this I struggled with a lot of pain in both my knees and could not do any kind of sport at all. I was in agony. I hated not being able to do anything all summer. After trips to see the doctors they told me I had Osgood Schlatters disease and must rest. I was laid up until the Hellifield Gala in August, which I used as a comeback race. My plan was to take it easy and that's exactly what I did, finishing midway.

Alayna again did the U8 race and did not disappoint. It always rains in Yorkshire. I never pushed it after that until the Mid Lancs and Red Rose series got underway. I felt stronger that year than I had done previously and I began to think and got focussed more before and during the races. I finished the Red Rose in second overall. I am sixth at the moment in the Mid Lancs and got the bronze medal again at Witton Park being only one second off second place and eight off first. I ran my heart out, but the wind hampered my long skinny body. I have size eight feet which were firmly rooted with my football boots so I did not get blown over I might add.

Natalya at the Stoop in fancy dress



Photo © Paul Wood



Natalya Et Alayna proudly show off the famous Clayton vest

I have been horse riding since before I could walk which I love very much. My sister Alayna who is now six years old also does horse riding. We both have our own ponies which are kept at Grandma Worswicks and we are members of the Pony Club. Alayna is also a member of Clayton and loves her running and swims like a fish. She is getting stronger every race and it won't be long before she wins one. At Haworth recently she was fourth overall in atrocious conditions. I finished first in the GU12.

Our horses are called Glen, La la, Adam and Sunny and we both compete for Cliviger Riding Club.

I cannot believe that running and horse riding are only some of my sports. I also play netball, cricket, basketball, gymnastics, tag rugby and swimming. So far I have won trophies in all of them. I think I must take after my dad who was in the Army and loved his sport. He had to have a big operation two years ago on his back so cannot run, so trains me on his bike instead. The running can be very tough and I know I am still learning, but when you get in the top three, it's all worthwhile for all the effort you put in. I train on Tuesday, Thursday and at weekends in between everything else. Grandad said you have

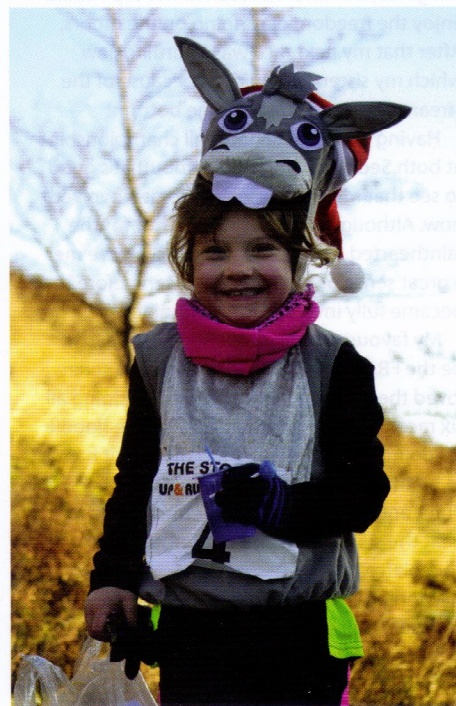
to go the extra mile through the pain barrier sometimes to get to the top. Well I am not there yet, but with dad and Grandad encouraging me, I always try for them. My dad just says it's mind over matter and if you don't mind it don't matter!

I won my first Red Rose league race this year at Marl Pits and the conditions were the worst ever. Mum and dad were in Edinburgh, Christmas shopping, so they never saw it. I rang them straight after the race to tell them and dad cried as he was so proud of me. So far things have gone really well with my running and my dad thinks I should concentrate mainly on that along with my horse riding for my balance and agility. He says I am trying to do everything and it's not possible to fit all these sports in. Grandad just says do your best and enjoy it for your only young once.

Cliviger Primary School recently formed a tag rugby team. It is something that I had never known about, never mind played in. We entered a tournament against all the schools in Burnley. We won it and represented Burnley District in the Lancashire championship. It was played at the Preston Grasshoppers ground. We won the coveted bowl and I was lucky enough to score quite a few tries in the final. So the school did

really well.

On another occasion, again with Cliviger School against all the other schools in Burnley, we won a swimming gala. Swimming is another of my sports which I like. I must have got it off my dad, because he always tells me he was a good swimmer, having spent time in the Marines. The next competition was a gala organised by Unity college. It was a great day and we won that too. I was delighted at how well our little school had done. For me, I just love the challenge and it won't be long before my little sister will be breathing down my neck, no doubt on the fells and cross country. She will be a good training partner as well, as she is so strong for her age.



Sister Alayna loves fancy dress

Alayna Et Natalya checking out the snow in Les Arcs in the French Alps

Alayna Et Natalya with La La Et mum Gaynor



Photo © The Irvine Scrap Book



Photo © The Irvine Scrap Book

How did I get into fell running?

By Soreen U16 winner Eddie Hinchliffe of Holmfirth

I think my first fell race would be Pendle Hill in 2010. An announcement at the club on the Thursday before by Jonny Sykes made it sound like fun and gave us some idea where to go. We arrived about five minutes before the race started and had a bit of shock when we saw the first hill. I have to admit it was harder than I imagined, but after I'd reached the top I could enjoy the freedom of running on the moors. After that my next race was Shuttlingslow which my sister Daisy picked because of the stream you run through at the bottom!

Having done the School Fell championships at both Sedburgh and Cockermouth it's good to see that many others can also get involved now. Although it is certainly still not for the fainthearted, but for me these races gave me a great sense of achievement, even before I became fully involved in fell running.

My favourite races challenge wise have to be the FRA English Fell Championship series, I loved them so much that I ended up doing all six races last year and claimed the free hoodie for doing all six! For pure fun though, it has to be the races on Penistone Hill, the Quarry Runs, and the Bunny Runs for the chance to beat the seniors! Oh and not forgetting the chocolate.

Winning the under 16s at the **Soreen** Stanbury Splash Quarry Run was amazing, especially since it was my first time doing the two miles. Being ahead showed me the great atmosphere of the Quarry Runs as everyone seemed to be clapping and cheering, which really helps you to run well, however bad the wind gets.

Eddie at
Bunny 3
in 2011



Photo © David Brett www.photos-dsb.co.uk



Above: Eddie (No. 6) with brother Robert stood behind him with the rest of the Holmfirth lads at the Bunnies 2011.

Right: Eddie chased by Sarah Pickering and brother Robert at the Quarry Rat Runs 2011



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