

Family Ties



Photo © Dave Woodhead www.woodentaps.org.uk



Squidgey Power!

Question – How else can you describe a Malt Loaf?
Kids reply – 'It's squidgey and when you eat it, it gives you power to exercise.'



These Junior Soreen Quarry Runs are nothing special, but then running doesn't have to be, it's simply a matter of putting on your trainers, getting outdoors and enjoying the countryside. The terrain here is nothing special either, it can be found anywhere and what these races show is that youngsters want to be active, all it takes is imagination, time, effort and enthusiasm from someone. Admittedly these races do have their own unique way of getting kids active – it's called the Soreen goody bag, maybe that's why 139 toed the under 8's to under 16's start lines, some even running in fancy dress.

Fell running is a very family orientated sport, and WOW, you can't get more family orientated than these two Holmfirth Harrier clans: The Waterman's and the Byram's.



Photo © Dave Woodhead www.woodentops.org.uk

The Watermans

Harmonie – Under 14 girls winner

I am 12 years old, live in the Holme Valley, and go to Holmfirth High School. I have five brothers and three sisters, who also all do competitive sport (well, nearly all). Apart from running I also enjoy swimming, cycling and triathlon. I have been running since the age of six, swimming competitively since the age of seven, cycling competitively for only two years and have been doing triathlon for about five years and my sixth season is coming up.

My last 12 months in sport have been very successful. In swimming, I went to the National Swimming Champs and in September I won my age group, Tri Star 2, in the National Triathlon Championships, I even fell off my bike! In Cycling I have age group titles in the National Hill Climb and National Schools 5 Mile Time Trial; and have come second in a National 10 Mile Race (GHS) and National Cyclo-Cross Series... a bit like fell running on a bike really.

My weakest discipline has previously been running and I have worked really hard to improve. I enjoyed the Stoop in December, where we all nearly got stranded in the snow,

and was so happy to have been placed first. My Cross Country running has improved to the point where I really do enjoy it – rather than just turn up and finish exhausted. I've always been inspired by my friend Abby Mae Parkinson who is as quick as an extremely quick thing in a hurry.

I have a Black belt in Karate, although I don't have time to attend classes anymore, and I play the piano and violin.

The Soreen run was fantastic fun, with a really good atmosphere. Even though we were new runners we were made to feel really welcome and the course was just right – challenging, interesting and fun. The only down side is that I'm not a huge fan of Soreen Loafs, although the new Fruity Five one is alright.

Seth – Under 12 boys winner

I am 11 years and started as a swimmer when I was four and got into running when I was about six or seven. I really like triathlon and always look forward to the running leg as I know I'm quite quick – I've beaten Harmonie at both the Stoop and the Soreen event's now. I have really got into my bike and have competed in road races and cyclo-cross races. I love the mud! I have just started at the Manchester Velodrome and am an



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

Seth Waterman Soreen under 12 winner by David Brett

accredited rider, but I am too young to compete yet. I love fell racing as I enjoy running in the hills, and enjoy the challenge of navigating up and down them. I thought that the atmosphere at these races was great, serious but fun, and the chocolate throw out adds to the bounty and fun. Unlike Harmonie I love Soreen.

I am also a black belt in Karate, but as I have little time to do it, all I now focus on is my swimming, running and cycling.

In addition to my sport I play the guitar and violin and have done this since I was five. To chill, I love building Lego constructions, however free time is rare and often sabotaged by my little brothers.

Tiras - 9th Under 10 boy

I also swim for Borough of Kirklees, run for Holmfirth Harriers and cycle. I take part in the family pursuit of triathlon. I was really pleased as I came first in the Tri Start One series for Yorkshire and Humberside, and I have another year at that level. I train every day, sometimes it gets tiring, but what I enjoy is the real social side – I have made lots of friends all over the country as sport requires me to travel about. I am an accredited velodrome rider, but like Seth am also too young to compete. I have done one year of road racing and some cyclo-cross and have improved every time. I am bottom end of my age group and am focused on really doing well this season.

I enjoy fell racing as it is so friendly and challenging, I am working on my run as it has always been my weakest part of triathlon, however I am getting better. I am just trying to keep up with my brother Seth. We all run out as a pack and it is a great motivation.

Other than sport I also dance. Yes, boys do dance! Its great, as I do not suffer the same aches and pains as my brother Seth because I am more stretchy. He hates all that dancing stuff.

Like Harmonie and Seth I am a black belt in karate; however I still do competitions and really love it. I also squeeze in climbing and am doing a national qualifying event soon, which my mum is

GU14 Soreen winner Harmonie Waterman



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



Tiras Waterman

less keen on as she sees climbing as risky. It does help in fell running though, as I noticed in this race that it involved some climbing. I was a bit upset that someone accidentally stood on my hand as I was climbing the quarry though. I was a bit thrown out with pain and disappointed with my result but the Malt Loafs did sweeten the blow. It's great fun days like these that make training worth it.

Sunnivah - 4th Under 10 girl

I am eight and I have been brought up on sport and now I am competing. I also swim, run and cycle. In addition I do competitive gymnastics and dance festivals. I also do triathlon and was really pleased as in my first year I came first in the Yorkshire and Humberside Tri Start series.

I run with my brothers and sisters and it is good training trying to keep them in sight. My Mum is usually running with me at the back, so I don't feel too lonely.

I play the cello and piano and have done so since I was five. I enjoy it as it is very different to all the sport I do.

The Stoop was very cold and I ran in an older age group by mistake, but it was fun. I was very

pleased with the result at the Soreen event as I had just gone up an age group, as I was eight in November and I came out fourth.

This weeks lunch boxes have been great as I have had so much Malt Loaf, I also love it. My mum feeds us all on it anyway, as apparently her mum used to feed her on it. She approves of the Malt Loaf more than the sweets, but I love the sweets too. It makes the event really fun.

Elphina

I am six. I have just started competing and love running. Unfortunately I could not get to the Soreen race as the wipers went on our bus and so I was the first not to be able to go. I went swimming instead. I swim five times a week and have done some aquathlons, although they were just for fun as I am too young to compete.

I have competed at cyclo-cross and have won a Yorkshire competition for my age group.

I dance and do Karate too, I especially like singing and enjoy being on stage. I am the lead cheer leader for the clan and I love running after my sisters and brothers cheering them, they often give me some of the goody bags which is always good.

Soljai

I am four and also swim, run and cycle, although I have only competed at cyclo-cross. It's great; I also love the mud and sweets. I also do Karate and dance, but I would like to have a go at football. My Godfather has seen that my mum and dad have little understanding of football and he takes me off some Sundays and teaches me tackling, but I want to have a go at triathlon. I love the fell runs as I managed to eat up the sweeties when we were stuck in the snow coming back from the Stoop. It's the only time my mum has let me eat that many sweets.

Oscion-Shem

I am two and follow my clan around; I love the sweeties and the friends I have made. I love swimming and prefer to be in the water rather than out. My goal is to ride my bike this year – my brother was riding by now.

Iceni

One month old and he has been exposed to all the sporting events in the womb. He is the Waterman mascot, and had to be born when it was convenient!

Poppyanna

I am 15 and have done competitive swimming, running and triathlon. I have been third in the series at Tri Start, but I don't enjoy the morning training or the competition enough to compete. I now concentrate on karate; I am a second Dan and train three times a week.

I have won competition in life saving and am working towards my life saving certificate. I am the support team if it all goes wrong, in fact I have been useful several times when my brothers and sisters have had an accident. I too loved the Soreen.

I may well get back to racing and do like the look of fell, as I love being outside in the hills.



Sunnivah Waterman

Katy - Mummy

I have never done sport at the level of the children, but I love supporting them and I do hang out at the back in training trying to give wise words. I am very proud of all my children and admire their dedication especially at 5am, when they have to get up.

I would love to have a go at a triathlon, however I am a full time carer and work full time as a lawyer so it is not realistic, maybe when I am retired, or the children finally fly the nest!

I would love a go at fell racing, as I only run off road, I love the feeling of running out in the sticks.

Adam - Daddy

I am chief driver, pit stop worker, refreshment organiser, cook and navigator. I am also in admiration of them and have not mustered the courage to train with them, but I do work out in the gym.

The Byrams

Lucy Byram – 3rd Under 12 girl

Hi I am Lucy, age 10, I live in Marsden and I go to Marsden Junior School, my friends at school always ask how I have done after a race. After school I go training and my only rest day is Thursday, which sounds really hard but I do love training. I really enjoy fell running especially really muddy races. I run for Holmfirth Harriers and my running coaches are Kath Farquhar and John McFadzean who are really encouraging, and Kath always comes to support me at different races. My first fell race was the Curly Wurly Rat Runs at the Withins Skyline. I was in the under 10s and I came second. I don't just do fell running, I also enjoy road and cross country running. As well as running I also do triathlon and last year I won my 9-10 years age group, in the Yorkshire Triathlon Series where my twin sister came third and my brother came first in the 11-12 year age group. This year we all have to move up an age group and so the distances increase quite a bit. During the week I go to a swimming squad and it has really improved my swimming but I like cycling best.

The Soreen race was my first time in the under 12 age group. I had a really good race and came third in the under 12s my sister was second. It was really cold and it was raining a little but I didn't mind. Next time I do a fell race I would like to finish ahead of my twin sister Erica – she always beats me in fell racing, so I am going to show her I am just as good as her. She is also a really good training partner and we encourage each other, but I would still like to beat her.

My favourite training day would be not too hot and not too cold and going through the woods for a couple of miles in a little group. My worst training day would be running around a football pitch, just going round and round and round in a massive group on a wet and windy day. It is not just me and Erica who race, my brother Lewis, mummy and daddy also run and do triathlon too!



Lucy Byram

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

Erica – 2nd Under 12 girl

Hi, I'm Erica and I am ten. I too am coached by Kath and John – they are fantastic. All my friends at Holmfirth Harriers are also my best friends and they are Lucy Farquhar, Amira Mellor, Olivia and Ruby Sykes, Sophie Williams and Amy Kettlewell.

In the race I did really well because I have just moved up to the under 12s and I came second and my twin sister Lucy was third. As a prize I chose an Easter Egg off the table, and won some Soreen loafs, but best was winning the prize draw: I got a big doggy. Unfortunately the weather was not so good because it was raining but I didn't let that slow me down! My brother also ran in the same race and won, my daddy also ran the senior race for the first time and he was happy with his race – he can now see how we feel when we finish, very cold and wet, but we got chocolate, unlike him!

I really enjoy fell running because I like the mud and the steep hills. I also like beating my sister Lucy. I don't just do fell running, I also do cross country, road and triathlon. Last season in triathlon I came third and just missed out on second place by eight seconds overall and my twin sister came first. My big brother Lewis came first in his age group.

The night before a race I usually have spaghetti and chicken and a big glass of milk. I like training in the summer because it is nice and hot and I don't like training when it is or has

been raining because it makes the fields get all soggy.

I look up to Alistair Brownlee because he comes from Yorkshire, and he is a fell runner and the World Triathlon Champion, he is amazing.

Lewis – Under 14 boys winner

I'm Lewis and I am 12, my coaches are Kath and John who are fantastic. I have just moved up an age group on the fells to the under 14's. I recently competed in the Soreen, a race I had done before and really enjoyed. It is well organised, and you get lots of goodies no matter how you do. This time even though I moved up age groups I was very pleased that I won the race overall. This hill is always windy, cold, icy, wet and muddy, but I don't mind, it's all part of fell running!

This was my second race of the weekend! On the Saturday I took part in the North of England Cross Country Championships at Blackburn. I was in the under 13 age group and again it was very wet and muddy and there were 184 boys altogether in my race, so I was extremely happy as I came ninth overall. The next race I am looking forward to is the Yorkshire Cross Country Championships. I hope I am able to do well in this race, as I have worked hard in the West Yorkshire Cross Country League and got individual gold and team gold in the U13's thanks to my teammates from Holmfirth.

I really enjoy running but over the summer my main event is triathlon. Last year in the Tri Star 2 in Yorkshire and Humberside I came first in my age group. As I finished at the top of the age group I went along with other members from Yorkshire and Humberside to the Inter Regional Championships. Unfortunately I was not happy with my own performance, but this was a team event and Yorkshire & Humberside won gold at the Championships, it was very special. I hope I get the chance to represent the region again. However, this year there should be no pressure on me as I have to move up to Tri Star 3. I really enjoy training and love running. Cycling is my next favourite event but I have to work hard on my swimming, although this is improving thanks to Rachael Mellor my swim coach. When I am older I hope to represent my country and maybe one day be lucky enough and work hard to get to the Olympics!



Daddy Wayne Byram



U14 Soreen winner
Lewis Byram

Footnote; Daddy, Wayne Byram finished 83rd in the Soreen senior in a time of 57:00 minutes from 299 competitors.



Erica Byram scrambling
out of the quarry