

# THE MAGICAL CURLY WURLY FUN RUNS

Jack Garside and Lily McGuinness set a fast pace in the UB's race, Lily went on to set a new record of 2-47, 11 seconds faster than the boys record



These humble little races seem nothing special, after all the wilderness and sometimes bleakness that is the 'tippy top' of Penistone Hill Country Park near Haworth, West Yorkshire – it isn't where you'd expect to find the future of fell running. But the highest cricket ground in Yorkshire, West End, at 1000ft, has a magical attraction which has drawn over 2,500 boys and girls to our sport for over the past 17 years. Most of these youngsters start out as have a go fun runners trotting round what is known as *The Quarry Runs* – QRs, but over the years some have progressed to become club runners, some County runners, some National champions, some International runners and three even have become **World Champions!**

Who's to say that the boys and girls racing round now won't in a few years time follow in the footsteps of Tim Davies, Rob Jebb, Victoria Wilkinson, Alistair Brownlee, Ian Wellock, Chris Livesey, Ben Lindsay, Emma Clayton and Tom Addison to name but a few. Only three junior athletes have attained the dizzy heights of winning the senior races from this old mining area that is known as Penistone Hill, and two went on to have celebrity starter stardom.

The 2006 World Sky Running Champion Rob Jebb, was never a junior winner only finishing

second in the U16 Soreen Stanbury QR race in 1991, but since then has won the Withins Skyline in 1998 and the BR3 in 2005, and for the record he was the celebrity at the 2007 BR3. At the Stoop QR's, Alistair Brownlee was twice a winner in 2000 at U12 and in 2001 at the U14 events, even as a U12 his potential was showing since he beat all the U14's. The 2006 World Triathlon Champion was invited to be the celebrity at the 2006 Withins Skyline race, and promptly afterwards won the senior race setting a new record. The 19 year old most recently took the honours and set a new record at the 2007 Daleside Brewery Auld Lang Syne fell race from a quality 472 athletes. Another youngster, Tom Addison, won at the 2007 Withins Skyline. He has been running the Quarry Runs more times than he's had hot dinners; as have the rest of the Addison clan. We have no doubt Tom's career is only just starting on the main stage, and his appearance as a celebrity starter can't be too many days away.

Two others do deserve a special mention, even though they didn't win their senior race on Penistone Hill, because their Bunny wins – BR's, were then run on Harden Moor. They are Victoria Wilkinson the 1997 Junior World Mountain Running Champion, who has won two Bunnies in



1997 BR1 and 2004 BR3, and in the latter was the celebrity starter, she was twice a junior winner at Stanbury QR's at U14 level in 1991 and 1992. 10 years later Burnley AC athlete, Danielle Walker, affectionately nicknamed 'The Mighty Atom' won the GU12 Stoop QR in 2001, and then as a fourteen year old won the 2003 BR3 ladies title.

## So what is the appeal?

1. It could be that these races offer juniors the chance to run the same route three times in as many months, so they can try and get faster with each race, or even better still, they can learn 'pace judgement'. Loads of juniors do all three races, others jump on and off the Quarry Run roundabout, it's quite amazing they don't get dizzy or bored, but that never seems to be the case. The three race roundabout begins at the end



Henry Fulton (54), Matthew Fretwell (30), Joseph Lee, Jack Thompson (74) and GU16 Alex Wheatman traversing the lake at the Exmouth Stoop race 2004

of October – Halloween, with the Withins. Then it's the Sunday before Santa pops down the chimney – Christmas, at the Stoop, and finally in January – its the fruity Sreen Stanbury, also affectionately known as the Maltloaf Run.

2. Although these courses are potentially on the short side for some, distance wise, the emphasis is on getting competitors out, and with regularly over a hundred taking part, it's working. In fact, the Stoop QR 2007 saw a record 150 eager runners. The only ups and downs are out of disused baron quarries, a traverse round a little lake, the visit of a trig point, a bounce through a little heather and the rest is just good fast running; as the introduction says, nothing special!
3. Of course it could be the crunchy bag of crisps, the sucky lollipop, the choccy treat, and the sweets which make up the goody bags which all juniors receive and then happily wash down with the slurpy carton of pop. Always after a new gimmick and striving to improve these races, 2007 saw the even more choccy Curly Wurly introduced which replaced the choccy treat, to make it the new, cool, groovy, must have Curly Wurly goody bag. Curly Wurly also found itself being used in the title of the races with the new Curly Wurly Quarry Runs adding a little bit of quirkiness to the FRA calendar, they also more importantly became races in their own right, with all age group record holders being recognised in print – power to the kids!
4. There again the absolute clincher for attracting the youngsters may be the chocolate throw out, a must see event in itself, everything flies through the air with the greatest of ease, until it's caught by athletes, brothers, sisters, mums, dads, with even gran and gramps getting in on the action.

## GIRL POWER

Introduced at the Stoop QR in 2002 the now highly successful UB race then attracted 17 runners and proved girls can be better than boys, when Chloe Chew won the race outright. Since then more and more UB's have joined in the fun. Lily McGuinness took girl power to a whole new height, by not only winning the 2006 Withins QR outright, but she also set a new girls record of 2 minutes and 47 seconds, which is 11 seconds faster than Ben Cheetham's boys record. Lily for good measure had beaten all the boys to win the Stoop QR in 2006 from 33 youngsters.

In the other combined age group race U10, U12 and U14, there has only ever been one outright girl winner. That was in 1999 at the Stoop QR, when Anne Smith from Park High School in Colne triumphed from 62 runners. Anne returned a month later to repeat her feat yet again at the Sreen Stanbury QR with Mark Addison leading the other 50 runners who chased her home.

Even the Yorkshire Fell Championships found their way here in 2001, the year of foot and mouth, when most races couldn't be held. The Stoop in late December escaped, so the 6th Junior Yorkshire Championships were held

over the quarry run courses, although the U14 race was run over a two lap route, and the U16 race was three laps, both one more lap than is normally done. The U10 and U12 was then a non championship so they just ran the normal one lap route. A total of 105 competed with the winners being U14's Alistair Brownlee and Abbie Johnson, and U16's Stuart Hunn and Suzanne Boyes, the U18's, and intermediates were run over the senior 5 mile course.

Even these small races have succumbed to the pressures of the modern world, the finish had to be changed due to a new fence being built, the reason given was health and safety, which seems strange when the actual races now start under a crag face, where many people clamber for a better vantage view. Plus the sheer volume of young athletes has meant they've needed more of a run at the first climb out of West End quarry and a real hands and knees scramble after circulating the lake has been replaced with a slightly longer but easier to overtake climb. Hence the great records of yesteryear by Tim Davies, Victoria Wilkinson, Caroline Whittom, Abbie Johnson, Matthew Hirst and David Shepherd have now become archive material.

## QUARRY RUN JUNIOR RECORDS

BU16	TOM SESSFORD	KEIGHLEY & C	11-31	2007
BU14	NIALL GOULD	E.CHESHIRE	6-05	2005
BU12	RORY ADDISON	HELM HILL	6-15	2005
BU10	PHIL DONE	KEIGHLEY & C	7-12	2007
BU8	BEN CHEETHAM	IKLEY	2-58	2006
GU16	ALEX WHEATMAN	SCARBOROUGH	13-35	2004
GU14	ALICE FULTON	BINGLEY	7-17	2003
GU12	ROSIE HELLAWELL	KEIGHLEY & C	7-22	2006
GU10	ABBEY PARKINSON	BRADFORD GRAMMER SCHOOL	7-46	2007
GU8	LILY MCGUINNESS	EAST CHESHIRE	2-47	2007

## Lily McGuinness, East Cheshire, age 8

*U8 Curly Wurly record holder*

I did my first fell run at the Stoop and won it when I was 6. I am now 8 and I play the piano, I play football, and I do St John ambulance. I won the Tesco mini run and the Tameside Catholic cross-country. I have tried cycle cross twice and I loved doing it because it was muddy like fell running. I am going to start doing triathlons in the summer. I think that the U8's quarry run is just the right length and the chocolate is just right. I run for East Cheshire and have a good time. I won 2nd

place for running and got player of the season in football for U8s, at the moment I play for Greater Manchester Centre of excellence girl's U10s as a right back. Every single quarry run I have been to I have won and most times have beaten the boys. Last time I even beat the BOYS RECORD!!! I am looking forward to moving up into U10s. When I grow up I think I will be a footballer, and I would love to play for Manchester City, who I support, even though I am a good runner.'



Photo courtesy of David Brett

Photo courtesy of David Brett



Rory Addison has been competing here from the age of four, when he ran in his duffle coat and wellies on the wrong feet, how he's grown

## Rory Addison, Helm Hill, age 13

*2006 U12 English Champion & U12 Curly Wurly record holder*

'If you are looking for fun then you should go to the Quarry Runs, basically that's what it is, FUN. I did the Stoop when I was four, and I've been there nearly every year after that. The course is good, it's good for younger kids just getting started, you get a goody bag and a drink at the end as well. But when you're coming back you're piled high with chocolate and stuffed with free biscuits and coffee. You probably will be caked in mud as well. I think more races should be like these, and they did used to be a couple of years ago, but now all the races are not as much fun because the organisers aren't focusing on the fun side of running.

You should come and run here, because you are guaranteed to have fun.'

## Jenny Addison, Helm Hill, age 15

I remember watching my dad race at Bolton by Bowland, seeing him finish covered in mud looked extremely good fun! I think this was what inspired me to start taking part in fell running and the Stoop was a race that appealed to me, as you always won plenty of sweets, even if you did come last! I remember turning up to the quarry, for the first few occasions, wearing little shorts, my dad's big t-shirts and a little pair of trainers, quite embarrassing to look back on to be honest – but not as bad as Rory Addison, who ran in wellies!

Looking back at the first few races that I took part in, I did not finish in the top 10, I finished quite a way back as I would be about age 6. As I gradually got older, I remember waiting all year for the one race to come about, the Stoop, still hoping that every time I finished the race, I would win some sort of sweets! One question for Dave and Eileen, why is it always cold, wet and muddy when we race? You pick your time don't you!

One year, I set the under-9 girls record, I felt

so proud of myself and especially the fact that I beat my older sister as well – eat my shorts big sister Penny! As a result of setting the record, Dave (with his big Daffy Duck hat on) allowed me to set off the senior race.

I have continued to compete at all the age categories, sometimes winning and sometimes coming 2nd place behind Grace Biddle (I think). What I have noticed is that the field of competitors has continued to grow, especially the number of little nippers turning up just to have a go and it makes the memories come flooding back! Dave's hats still don't get any better, perhaps you should invite Trinny and Susanna to give you a helping hand!

I saw the races as a fun, family, typical 'Addison' day out, with most of the young Addison's winning prizes – even my Dad (Dave's nickname for him is Fatboy Slim)! The course itself has a bit of something for everyone, with a fast start, big banking, flat, water obstacle, heather and a little bit of downhill.



Jenny Addison who has grown up competing here, showing grace and style

Photo courtesy of David Woodhead

# Abby-Mae Parkinson, Bradford Grammar School, age 10

*Curly Wurly QU10 record holder*

'In October I won Curly Wurly Quarry Race and set a new record for the under 10 year olds, it was the first fell race I have run and I really enjoyed it. It was very tough, but I like hard races, the tougher the better!!

I run for Bradford Grammar School (the best school ever!) which is affiliated as a running club. My running coach at school is Mr. Reddish, he is very encouraging and he introduced me to cross country running. We have a really good Year Six girls team, we all train together and have won lots of teams events. I recently won the West Yorkshire Cross Country League, and our team came second.

I love running BUT really I am a SWIMMER!!

I swim for the Borough of Kirklees, and train six times a week at the Galpharm Stadium in Huddersfield. I won Top 9 year old girl in the Yorkshire Swimming Championships in March after collecting 5 golds, 2 silvers, 1 bronze and a 4<sup>th</sup> place. My best win in 2007 was in the North

East of England Championships, where I won the gold in the 100m butterfly, plus a silver and bronze. Swimming is a tough sport, I train really hard, swim early mornings before school and races are won and lost by 1/100<sup>th</sup> second!

I also like triathlons. This year I have been to triathlons in Nottingham, Chester, Leeds, Derby and Liverpool, and have won at all the events, sometimes I even beat the boys times – great fun!

My goal is to win an Olympic Gold Medal – that would be fantastic!

My mum went to the Olympics in 1988, she is Lisa Brambani – road cyclist. She won a silver medal at the Commonwealth Games, was 4 times National Road Race Champion, and finished 5<sup>th</sup> in the World Championships.

I would like to be Yorkshire Champion at swimming, running and triathlon, plus get national qualifying times so that I can do the National Championships when I am 11!



Photo courtesy of David Brett

# Georgina Spencer, Rotherham Harriers, age 11

'I first started running the quarry races in 2002, when I was 6 and it hasn't changed a bit... well maybe a bit. What I remember most was Dave throwing out the goodie bags at the end of the race (yummy). Before I started running I would go on the back of my dad's tandem, we had to put blocks of wood on the pedals because my feet couldn't reach them. I also like sailing, camping, riding my bike, art and swimming.

I joined Rotherham Harriers 4 years ago although I have had one season running for

Retford AC. The girls at Rotherham are good to train with and make it a lot of fun. I hope to get more of them to run more fell races this year in races like the Trunce at Penistone. In 2007 I came third girl U12 in the English Junior Uphill Fell Championships. (I will be back this year).

In the future I want to continue fell running and maybe run The London Marathon. I like fell running the best now and want to keep running but keep having FUN!!



Rotherham's  
Georgina Spencer  
at Clougha Pike

Photo courtesy of Tim Done



U10, U12, U14 and U16 runners  
with celebrity Natalie White at the  
2006 Stoop race.

Photo courtesy of David Woodhouse

# The Church Stretton Mob

## Holly Hearle, Mercia, age 13

I'm not as enthusiastic on running as the rest of my family, but somehow I seem to have got dragged along to all my Dad's races since I can remember. So junior races have always been a welcome relief; something fun to do in the hour while we wait for the seniors to return.

I've taken part in many local races around Shropshire – The Wrekin, The Breiddens and The New Years Day race in Church Stretton. I tried the Anniversary Waltz in the Lakes for the first time this year, too.

My biggest endurance achievement is the Stretton to Stiperstones Time Trial; a 10 mile race, over the Long Mynd and the Stiperstones, which I enter with my mum. We might not be fast, but we bagged prizes – pot of honey and some T-shirts for consistency over two years.

One of my favourite events is the Isle of Jura Fell

Race. The whole family cycles from the mainland of Scotland at the crack of dawn, to the Isle of Jura. Around 50 miles and several ferry crossings later, we arrive at the island's campsite along with hundreds of other competitors.

However, the Stoop races are the most fun of all these, not just because of the running, but because of the party atmosphere. There are always hundreds of excited kids swarming around, an entertainer who dresses up in silly hats, goody bags for all that enter, and if you're lucky enough, you may even win a spot prize. Last Xmas, I won a pair of running shoes – too small for me, but they fit my younger brother perfectly. This December, the race was bitterly cold, but it didn't seem to put anyone off. I had a pleasing race, with a particularly good rush of energy left to sprint to the end.



Photo courtesy of David Woodhead

Holly Hearle about to leave the quarry



Photo courtesy of Tim Dore

## Alex Hearle, Mercia, age 9

'One of my favourite sports is running. I run for my school team in Shropshire and this season I've won 2 gold medals, 1 silver medal and 6<sup>th</sup> place in the under 9s age group.

Whenever we go to stay at my uncle's in Ilkley, we come along to a race. They're great fun. In the car, we try to guess what sort of hat Mr Woodhead will be wearing. Will it be something for Halloween at the Withins or will it be Christmassy at the Stoop?

I like setting off really fast so I can get in a good position up the quarry wall. As I am running at the start, I'm always really worried that I might fall over and someone run on me. I won the under 8s in 2005 and that was my first go and I couldn't believe it. I got a prize – an England football. This October was the first race doing it in the under 10s. The thing about doing the under 10s is you're not usually at the very front because the big under 12s,

14s and 16s are running with you at the same time.

As I was telling myself "keep going, we're nearly there" each step I took felt like a yo-yo getting longer and longer, like it was never going to end.

I also love playing football. I am the captain of Church Stretton Red Rovers and at the moment I'm second top goal scorer with 14 goals this season so far. I play centre defending – mid. I couldn't come to the Curly Wurlly Stoop race with Holly and Joe because it was my semi-final in the League Cup. We won on penalties 4:3 and I scored the first goal of the match from the half – way line. It was a scuffed shot that kept on bouncing and bouncing until it went through the goal keeper's legs. Now we're in the FINAL!!! I also play the saxophone and so I think I want to be a jazz musician, but I also want to carry on with my running. I think they are both good as each other, because it gives me lots of breath to blow.'

## Joe Hearle, Mercia, age 12

I have always been inspired by my dad. He used to (and still does) come back from races covered from head to toe with mud and the occasional scratch. He hasn't won but that's all the inspiration I need.

From when I was young, I have always been sporty. My main sport had been football until several years ago. Now I can class running as also my main sport. Mentally, I have a running calendar in my head of all the main races, for instance "The Stoop Race". I look forward to these races, but in between these I train with my dad. While I'm running through technical sections, I can remember my dad's words: Lift your knees, follow the heels of the person in front, and stretch your legs. This advice I won't forget as it comes in so handy.

Since before I was five, I've been into football. I play for my town (even though it's small), and have entered three times for the Shropshire inter-league. I have also trained for a place in the Stoke City Academy. I have been playing in a league for five

years. Playing football is useful for when I can't train; it keeps up my fitness, so I don't have to worry.

When I do train, I like to run up a hill called "The Caradoc". It has a long path up and then has a steep climb to the top. It is usually very windy as it is high. The descent is also steep, and then you come down into a wood, cross a field and you're back. I sometimes run on "The Long Mynd", but the other hill is easier to get to. Living in Church Stretton is great as you're surrounded by hills, and there are plenty of races to enter in the area.

My mum works in the day and when she gets back she cleans flat out after us. On the weekends, she still drives us around and cleans up, but she is so determined to run. I like to see her out enjoying herself instead of trying to make us happy. Even though she doesn't enter as many races as my dad, she always enters races to do it with my sister.

Races have a great atmosphere and it is so fun to get some fresh air.



Photo courtesy of David Brent

Joe Hearle and James Hall attacking the climb out of the quarry

Dad Graham Pearce with daughter Nina



## Now lets hear from 'oldie' Graham Pearce, Pudsey & Bramley, age 27

*2007 Settle Hills winner*

'For many years the Woodhead's have been organising fantastic races in and around Bronte Country for all the fell men and women folk out there. What they have also been doing is organising equally fantastic junior races The Quarry Runs at all their major races, Soreen Stanbury Splash, Withins Skyline and The Stoop, and these races together have been great schooling for 3 generations of Pearce fell runners.

Nick, his son, me, and my daughter Esme have all run either the senior races (Nick), the junior races (Esme) or both (me). Over a running career spanning over 10 years, I am proud to say that I have competed at the quarry runs, around 1996 as I recall, and now regularly run at brilliant senior races.

What's fantastic is that for the kids, it's great to get a taste of the true Woodhead fell experience early in life - the fun of the race, which is a short but certainly sharp experience, followed by the chocolatey

prizes (although I do admit I did pick up the odd alcoholic prize as a junior when running in the Stoop as a U18 - much to the horror of my mother!), and the banter from which no-one is spared! It's these races which get kids used to the competition and introduce them gently, with the emphasis on fun, which I think has certainly contributed to me staying in the sport and I plan to go on for a long time yet! Yes it's a short journey - Quarry Run to Bunny Run to Stoop to Withins to The 3 Peaks!

Just one thing - my memories of the quarry were brought right back to me when running round the under-8s race with Esme - why do the races always seem to finish up the steep side of the quarry! I might start a revolution - join with me people if you think Dave and Eileen should finish the junior races in the bottom of the quarry - no more painful finishes for the kids!

# THE NEW WITHINS Curly Wurly Rat Runs

This year the Quarry Runs at the Withins Skyline race takes on a new guise, being renamed the Curly Wurly Rat Runs. The reason for this is that Abbey Runner, Mike Ayres, is so taken with the whole ethos of the QR's he has decided to sponsor one of the races. Mike runs The Precision Pest Management Company, and initially was wanting a 'little nipper' (mouse trap) in each of the goody bags, however on reflection, we decided against it, due to health and safety ie, 'little nippers' for the little nippers wasn't a good idea! But a compromise has been found and each goody bag will now include a sugar candy mouse, along with a Curly Wurly, a bag of crunchy crisps, a yummy lollie, chewy chews and of course a carton of pop to wash it down with. Just what everyone wants for finishing a race.

The theme of the race will also see, World Downhill Mountain bike champion, Karen Ballantine, head of music at Queensbury School, being dressed as the 'pied piper of Penistone Hill'; Karen will lead you all in to the quarry to the start line. Hopefully you'll all get in to the spirit of the event, because there are prizes for the best fancy dress which will be judged by our very own 'King Rat' Mike, so get your thinking caps on.....or should that be whiskers?

*'Ratty Races'  
- Poster Competition*

**Design a poster for the QR Rat Runs on 26<sup>th</sup> October.**

Any size. Colour or black and white.

Must be juniors, please keep mum and dad's influences to a minimum!

**Closing date:** 1<sup>st</sup> October.

**Prizes:** 1st, 2nd and 3rd boys and 1st, 2nd and 3rd girls.

**Entries to:**

Dave & Eileen Woodhead,  
166 Hainworth Wood Road,  
Keighley, W. Yorkshire BD21 5DF.  
Tel; 01535 669100



*Results to be published in the Autumn Fellrunner or on [www.woodentops.org.uk](http://www.woodentops.org.uk)*