

You can allus tell a Yorkshireman –

But you can't tell him much!

Aye that's reet, this is God's own County, the most beautiful in Britain, and probably the world. It's not quite paradise, but sitting eating a Yorkshire pudding with lashings of onion gravy and supping a pint of it's very best ale, overlooking what is the biggest and best, you can't tell us it isn't the nearest to Utopia you're ever going to know in your lifetime.

Often people ask why only Yorkshire is written about in this magazine – well to quote the great now-6-times-Ben-Nevis-winner Ian Holmes **'it's only because the other's don't 'ave 'owt to crow about!'**

A quick guide for the uninitiated;

The Tyke – The pre-eminent species of Homo Sapiens. A very gritty self confident independent breed, with stubbornness, bluntness and a brutal frankness that are on par with that of Genghis Khan, or that's what some would say.

An American visitor summed it up perfectly; 'Yorkshire folk seem to be the most individual and diverse I have ever met. Sometimes it is a little nerve-racking to face their positive and, if I may be forgiven, almost blunt approach; but at the end of a conversation you are left in little doubt of their opinion. This is encouraging when you think you have made a good impression, and discouraging when you know you haven't.'

Such thoughts would worry most folk. But not so the Tyke, who gives not a jot for any opinion, but their own.

The land – Who would disagree with J.B. Priestley who scribed, 'The Dales have never disappointed me. I consider them the finest countryside in Britain, with their magnificent, clean and austere outlines of hills and moor, their charming villages and remote whitewashed farms, their astonishing variety of aspect and appeal, from the high gaunt rocks down to the twinkling rivers.'

Fell running – We are still the only county with senior and junior fell running championship medals to be won and of course perpetual trophies to the worthy winners. Now, we know rivals Lancashire have junior champs, but that's only because Colin Shuttleworth, the coordinator couldn't cope with Yorkshire having the upper hand and rubbing the Red Rose county's nose in it every year. Mind you, they do copy everything Yorkshire does, but we really don't mind, because it's supposedly the best form of flattery!

As for the senior championships, years ago the Northern CCAA race from Honister Pass near Borrowdale incorporated all the senior county fell championships, over a fantastic 14m/5000ft course including checkpoints at High Spy, Causey Pike, Whiteless Pike and Dale Head. Later it moved to the Buttermere Sailbeck race, 9.5m/4650ft for a few years, then it just disappeared. A real fell running tragedy, because you can become a county champion at Cross Country, all the Track & Field events and various road race distances, but fell running, it just doesn't exist.

But us Yorkshire folk never liked the championship being in the Lake District, so brought them on to home soil in 1989, and the Holme Moss event, where Gary Devine won. The reasons were, we run and train over our beloved moors and mountains, hills and dales, so we believed our championship should be over what we know. We have grand races so why not use them? It also gave us the chance to rotate the championship from a long to a medium to a short race, thereby giving different race organisers the chance to host the event.

Is thar lame under t'cap? – A road race? – BLAH!

What better race could host the 29th senior championship but that of the 53rd Three Peaks Race, which takes in three of the most well known, talked about and walked mountains in the country, Pen-Y-Ghent, Whernside and Ingleborough. Some would say it's more of a road race now, due to path upgrades. If that's your opinion, then so be it, but then what a grand picturesque road race it is! Don't be fooled though, it's still one of the hardest challenges to fulfill, and it's still the race everybody wants to win. You may well run or even win at Wasdale, Ennerdale, Borrowdale, Welsh 1000m or Angus Munro races, but that means little to anyone outside the realms of fell running. A Three Peaks win, now that's the one, in the general public's eye your a God; only the Ben Nevis carries the same fame. Next year sees the race being put on the world stage, hosting the World Mountain Running Challenge, with a Yorkshire first, because all entries will be totally done on line. So visit www.threepeaksrace.org.uk and get ready for 1st November – entries on first come, first served basis!

Surprisingly with the race credentials Rob

Jebb, 32, has amassed over the years, the current British and English champion had never previously won an individual Yorkshire championship title. Now he finally gets his name engraved on the perpetual trophy. He has been in the winning Bingley Harriers team twice before though in 2001 and 2003 and now again in 2007. His only other individual medal in the championship had previously been a bronze in the first of the Three Peaks mountains, the Pen-Y-Ghent race in 2003. This was his third consecutive win at the Peaks, and also his fastest time, 2:51:49.

Former southern softie John Heneghan, now having served his Tyke apprenticeship, won the silver medal to go with his team gold from 2001. While that man Ian Holmes took the bronze, but did collect a gold since Bingley won the team for the 7th time. Ian has actually counted in the winning teams six times: 1991, 1994, 2001, 2003, 2004 and 2007. Only when the championship was run over the fifteen mile Calder Valley race in 1993 was Ian absent. Ian still reigns supreme in the medal tally count, having won six team golds, six individual golds, two silvers and two bronze and still looks capable of many more. Pottery entrepreneur, Robin Lawrence, has now won three gold team medals for Bingley Harriers as the Bingley ladies also won the team for the third time. Running the Peaks for the first time, 'Scary' Mary Wilkinson the winner of the Lancashire classic Rivington Pike race three weeks prior, recorded here the third fastest ladies time of 3:30:22. Only Angela Mudge and the eminent Sarah Rowell, a four times winner, have clocked faster. This was Mary's third Yorkshire fells title and saw her collecting the Norman F. Berry silver trophy. Her other wins being in 2001 at the Withins Skyline and 2005 at the Settle Hills race. 2006 English bronze medallist, Sharon Taylor, overhauled silver Yorkshire half marathon medallist Jo Buckley to gain a silver medal to add to her 2006 silver and if it hadn't been for Mary's last minute decision to run, Sharon could have emulated her achievement of 2004, a gold medal, when the Yorkshire fell champs last visited the Three Peaks race. Sharon, a true bastion of Bingley Harriers, has counted in all three of her teams victories in 2003, 2004 and 2007.

38 year old Mandy Clarke to her surprise anchored Bingley to the team gold medal awards, and in true team spirit was still racing at the end by beating an Ilkley Harrier lady on

the run in, even though at that point she was unaware of how significant her performance was. Last year Mandy, an accountant with Norwich Union, finished the race in 4-56. This year incredibly she ran over half an hour faster, showing that living in flat York isn't a hindrance to any runner if they apply themselves.

The Three Peaks had one of it's biggest entries for many a year, with 620 runners. It's hard to believe that it had something to do with the race hosting the Yorkshire Championship, but there again...

Next year again sees sports retailer **Crosstrax** and **The Wharfedale Clinic** co-sponsor the senior championship, which is a fantastic bonus because it not only means that the medallist's receive engraved medals, but individual prizes as well.

29th YORKSHIRE FELL RUNNING CHAMPIONSHIP

Sponsored by **Crosstrax** and **The Wharfedale Clinic**

Men

- Gold medal & trophy winner: Robert Jebb of Bingley Harriers
- Silver medal: John Heneghan of Pudsey & Bramley
- Bronze medal: Ian Holmes of Bingley Harriers
- Mens Gold Team medal winners: Bingley Harriers with Robert Jebb, Ian Holmes & Robin Lawrence

Women

- Gold medal & trophy winner: Mary Wilkinson of Bingley Harriers
- Silver medal: Sharon Taylor of Bingley Harriers
- Bronze medal: Jo Buckley of Calder Valley Fell Runners
- Ladies Gold Team medal winners: Bingley Harriers with Mary Wilkinson, Sharon Taylor & Mandy Clarke



The 2007 Three peaks race dominated by Yorkshiremen, John Heneghan, 3rd, winner Rob Jebb with the Norman Thorner trophy and Ian Holmes, 2nd at the finish

These girls don't go to Elizabeth Dukes for their gold!

The golden girls of Janet McIver, Jo Waites, Lisa Lacon and Helen Glover ensured the Yorkshire team won gold again for the third consecutive time and for the fourth since these the UKA

Inter County championship began in 1997. This year Derbyshire, with organiser Des Gibbons, hosted the event on 13th May at the Crowden Horseshoe race (8m/1700ft). A route along the Pennine Way up to Black Hill summit via Laddow Rocks, then over Tooleyshaw, Westend and Hey Mosses to return to the YHA at Crowden. 160 runners finished, including 12 county teams. It's a pity it was sandwiched between the British Llangynhafal Loop championship race on 6th May and the English Fairfield Horseshoe championship race on the 19th May; three championship races in three weeks – who plans these race schedules? Do they ever take the athletes into account?

Despite all this, Sheffield Long Ley Park 6th form college teacher, Janet McIver became the third Yorkshire lady to win the individual gold medal. In early season competition Janet was showing how her training was gearing up for the oncoming English championship, by breaking Trish Sloan's 1995 Noon Stones ladies record by two minutes and 12 seconds, then by winning what was quoted in the last *Fellrunner* as 'the survival' Don Morrison Memorial Edale Skyline race and then third at the English Paddy's Pole race. Here at Crowden she broke Anne Bockington's 2003 record by a staggering 13 minutes and 5 seconds, mind you the first 16 ladies also broke the course record. Lancashire's Katie Ingram and Candice Leah took second and third, but Yorkshire, with Llangynhafal Loop winner and UKA defending champion Jo Waites sixth and Causey Pike winner, Lisa Lacon, seventh, the white rose team were home and dry, while Lancashire had to wait for Deborah Culshaw in thirteenth; Cumbria came third. Lisa 30, a third Dan black belt in Wado-ryu, first ran in the team at the Shining Tor Cheshire race in 1999 finishing twelfth behind Greater Manchester winner Jayne Speak. In North Wales at Moel Eilio the year after it was twelfth again, then last year Lisa stormed to second behind team mate Jo. The last minute replacement for an injured 'Scary' Mary (Wilkinson), Helen Glover, the Soreen Stanbury Splash winner, performed brilliantly and fully



Flying the flag, the 2007 Yorkshire inter county team before they tackle the Crowden course, and the girls take home the gold



Andy Hilton bringing half of Black Hill back to the finish.

justified her place, finishing ahead of Lancashire's and Cumbria's last team scorer's in eleventh place in the furthest race she has ever run!

Hells bells and buckets o' blood – they're allus in medals

Andi Jones who set a pb of 2-17-49 at the Flora London marathon to finish second Brit home, repeated last years win at Settle Hills and also led Greater Manchester to team gold again, with Nick Leigh fourth, Darren Kay seventh and Peter Haworth nineteenth. Andi also beat the course record, set by Lloyd Taggart in 2003, by four minutes and 10 seconds and again the first eleven men dipped inside the old time. Lloyd himself finished third behind Tim Davies running for North Wales. Yorkshire, in taking team bronze, kept up their unblemished record of never being outside the medal table. For John Heneghan this was his fourth outing in his Yorkshire vest. His first was in 2004 at a rainy Blisco Pike where he finished tenth behind winner Ian Holmes, third Robert Jebb and eighth Gary Devine. Having finished in fifth position for the last three he lead home the Yorkshire squad this time. Last

year, on his debut for the team, Karl Gray ended up in hospital with heat exhaustion. This year, thankfully, Karl finished the race in one piece in eleventh place. Then a true gritty Tyke battle royal ensued between new fledglings Graham Pearce and Andy Hilton, to decide the third counter in the team, Graham finished fourteenth and Andy fifteenth with only 30 seconds separating them. It's a shame Andy didn't receive a UKA bronze championship medal, but this strange rule of only giving medals to the first three in each medal winning team, irrespective of where the fourth counter finishes, seems ludicrous and unjust. In compensation Andy, who finished covered in Black Hill mud from head to foot, did receive a special bronze medal from the Yorkshire committee. Helen also received a special gold medal; both did outstanding and showed true Yorkshire grit. The committee also acknowledged the valiant efforts of all its athletes (including reserves) by presenting them each with a case of Dragon Heart real ale, stipulating it could only be drunk after the race. They were also presented with a Yorkshire car flag each.

It's fair silin' it dahn!

That best describes what this summer has been like, and we shouldn't have been surprised when the 38th Hellifield Gala had constant rain from morning until nightfall. It finally abated for the family disco on the Saturday evening. This was a crying shame for the Gala Committee and Gala Queen Lyndsey Denham, because much of the days activities had to be centred in the marquee. Unfortunately the children's novelty races had to be canceled, although some attractions did stick it out, even though the ground was sodden. Never before had it rained so bad here, but the young bairns didn't allow this to dampen their enthusiasm or spirits as they took on the challenge of Haw Hill and beyond.

Normally this championship would be held at whatever Yorkshire race is incorporated within the FRA English junior championship race series, but due to a severe lack of information about the event, this wasn't possible.

19 year old Alistair Brownlee, the new 2007 European Triathlon Champion and 2006 World champ, won his seventh Yorkshire title in the U20's, having previously won two at U14, U16 and U18 level. Despite the rain he led a record field home in a new course record, slicing nearly one and a half minutes off Steve Oldfield's 2002 time, so putting an extra £10 in his back pocket. Who would bet against him next year? This lad is just unstoppable and so talented yet down to earth.

The first four athletes home all bettered the previous record and Karl Gray in fifth equaled it, as five times winner Steve Oldfield himself, now 50, finished sixth in 25-50. Silver medallist last year Jonathan Hare took the U18 championship finishing only eight seconds behind Alistair. Jonathan is yet another emerging talent and recently, at the Junior European Mountain Running Championship in France, led home the British team in 8th. It was another silver for Rob Shaw in fourth, to go with his U18 English Uphill championship medal. Rob recently won

12th YORKSHIRE JUNIOR CHAMPIONSHIPS – HELLIFIELD GALA

Sponsored by Burton Safe Company

UNDER 12 CHAMPIONSHIP

Gold	James Hall	Bingley
Silver	Philip Done	Keighley & Craven
Bronze	Max Wharton	Calder Valley
Gold	Emma Wilkinson	Spenborough
Silver	Emily Bolger	Skipton
Bronze	Charlotte Cox	Keighley & Craven

UNDER 14 CHAMPIONSHIP

Gold	Ben Marriott	Bingley
Silver	Faisal Ismail	Keighley & Craven
Bronze	Sam Westcott	Skipton
Gold	Rosie Hellowell	Keighley & Craven
Silver	Fiona Jordan	Ilkley
Bronze	Ellie Taylor	Ilkley

UNDER 16 CHAMPIONSHIP

Gold	Thomas Sessford	Keighley & Craven
Silver	Jonathan Bradshaw	Wharfedale
Bronze	Daniel Collins	Scarborough
Gold	Holly Craig	Bingley
Silver	No Competitor	
Bronze	No Competitor	

UNDER 18 CHAMPIONSHIP

Gold	Jonathan Hare	Halifax
Silver	Rob Shaw	Keighley & Craven
Bronze	Luke Maude	Skipton
Gold	Claire Lilley	Skipton
Silver	No Competitor	
Bronze	No Competitor	

UNDER 20 CHAMPIONSHIP

Gold	Alistair Brownlee	Bingley
Silver	Daniel Walmsley	Skipton
Bronze	No Competitor	
Gold	Samantha Morphet	Cumberland FR
Silver	No Competitor	
Bronze	No Competitor	

the Crag Vale and Stirton races. A previous silver medallist, Luke Maude finished third this time, in eighth place overall. Another Skipton athlete Daniel Walmsley took silver in the U20's after being coaxed into running again by RAF 5000 metre champion Lee Athersmith. Danny had won a silver in the U18's in 2004.

County hockey player Claire Lilley from Skipton won the U18 championship, making her Skipton AC's fourteenth junior championship title holder. Claire also finished second in the open race which was won by local international athlete 'Scary' Mary Wilkinson. Scary, had only last week entered the history books by becoming the first athlete ever to win the Mount Snowdon International race for a hat trick of wins. She took Lisa Lacon's record down to 27-31 from 29-14 and another £10 was pocketed. Scary also did the honours by starting all the junior races off and even signed junior numbers as a memento. Sam Morphet, recovering from a recent appendix operation, retained the U20 ladies championship title, which added to her bronze from 2004 in the U18's.

Congratulations to James Hall and Emma Wilkinson, the U12 champions; Ben Marriott and Rosie Hellowell the U14 champions and Tom Sessford and Holly Craig the U16 champions.



Helen Isley finishes 3rd at Grasmere and falls in to the arms of her dad the fell running legend, Tommy Sedgwick who has won this classic race 9 times

Also a special congratulations to Jack Hardacre and Issy Wharton the U10 winners – future Yorkshire champions in the making. If you want to see pictures of the 12th Junior Yorkshire races then visit www.bofra.org.uk.

2007 was a significant year for Keighley and Craven junior athletes. Previously they had only ever won one Yorkshire fell title and that was last year in the U12's by undoubtedly one of their stars Rosie, who performs come rain, snow or shine. U16 Thomas wasn't going to be outshone, adding to his collection of two silver medals from the U14's category in 2005 and 2006.

Some age groups were a little shy of runners, and with holidays in flow maybe some gains were made, but remember *you have to be in it to win it*. These Yorkshire championships are forever indebted to Hilary and Norman F. Berry of **Burton Safe Company** who generously sponsor the championships, and enable it to be undoubtedly **THE BIGGEST AND BEST!**

Full credit to organiser Stephen Moor and his girlfriend Jo who never wained of enthusiasm to keep the day afloat, and took away the myth that us Yorkshire folk are tight, by ensuring that every runner enjoyed the delights of a tube of Smarties for competing. In the senior race, winners Alistair and Mary were awarded £40 each for their efforts. Being Yorkshire bred they're bahn to have been thrifty with it.

By gum tha's good

Rob Jebb, a junior winner at the Burnsall Classic race, finally put the record straight in emphatic style with a mountain goat style ascent which gave him a minute lead at the summit. Even reigning champ and five times winner Ian Holmes couldn't over turn Rob's lead with one of his famous kamikaze descents and had his hands full with international orienteer, Skipton AC's Joe Mercer, who he pipped by four seconds. Putting her disappointment at not making the England world trophy team well and truly behind her, Mary

Wilkinson, decided to join in the fun at this classic race and took the ladies trophy in a very fast 18-05, with last year's winner Lisa Lacon in second.

The following day saw Mary and Rob compete in the 'blue ribbon' senior guides race at the 157th Grasmere Sports, in the Lakes. Both athletes went home winners and £150 the richer – not bad pay – over £10 a minute by our reckoning.

Two who are excited about going to the World Trophy event in Switzerland to represent England, are both Rob Jebb and Rob Hope who finished first and second in 12-37 and 13-17 respectively, while John Heneghan finished third in 13-31.

Winning £100 Sharon Taylor finished second in 17-17, while Helen Isley and Lisa Lacon sprinted it out for third, with Helen collapsing into her nine times Grasmere winner dad, Tommy Sedgwick's arms, with Lisa just one second behind.

Rob Hope has played an important part in the history books of Yorkshire by winning the UKA inter county championship at Turnslack wearing the hallowed blue and white vest of Yorkshire. He has also won a silver and bronze medal in the individual championships in 2000 and 2001 respectively, behind Ian Holmes in both years. This was whilst living it up in Leeds, now of course he has gone back to the dark side – Lancashire!

Running in that Lancashire vest Rob won the infamous Kilnsey Crag for the fifth time in his fastest ever time of 7-59, from Malham Show and Hebden Sports winner Ted Mason, 8-11, Lisa Lacon stormed to a new ladies record in 10-36 taking 22 seconds off the old record, with Helen Isley second, 11-02 and Tamara Hird third, 12-52. Lisa boosted her £20 ladies prize by another £50 for her record run, but that came no where near the £150 Rob collected for his efforts, you could say she hadn't a hope in hell's chance, even though they ran the same route!

Easier reading ner tawking

To commemorate the centenary of Holmfirth Harriers AC, Graham Ellis, John Buckingham and Norman F. Berry amongst others are busy compiling the history of this great Yorkshire club, due to be published in May 2008; and bound to be a cracking read. Officially the club is 100 years old in October 2007, and they are planning a year of events to celebrate this mile stone, see www.holmfirthharriers.com/100.htm

Yorksher Disclaimer

Ee upl reet, we understand that sum o' yer oft cummed 'ens mun 'ave bin upset wi what 'as bin ritten. We accept no liability fer yer flibberty gibbets, thers to be no chuntering or chelping, and if thi's flummoxed and flustered by yon article, gie'ower, it's nobbut a bit of a lark tha knows. If thi's got a monk on, stop yer skriking and frame thissen yer mardy lot and get scribbling.

P.S Don't forget, Yorkshire folk have a wry sense of humour !

Yorksher's teemin' wi' talent

- **Will Smith** and partner Russell Fairhurst were joint winners of the famous Oxenhope straw race involving beer drinking and a bale of straw with Ian Nixon and Matt Lockyer.
- 2006 English champion **Natalie White** – Moel Wnion, Paddy's Pole, Joe Barber Herod Farm race, Helm Hill, Ingleborough, Helvellyn, Castleton, Kentmere Horseshoe
- **Shaun Godsman** – Midgeley Moor, Waugh's Well
- **Jo Buckley** – Bunny Run (BR) 1, BR2, BR series winner, Colners, Jack Bloor, Austwick Amble, Oldfield Gala where husband Alan Buckley also won
- **Greg Hull** – Jack Bloor, BR4
- **Ian Holmes** – Coniston, Stoodley Pike, Eldwick and Gildstead Gala, Bens of Jura, Lakeside Gummers How, Kettlewell, BR1, BR2, BR3, BR series winner, Ben Nevis
- **Holly Page** – Blackstone Edge, Wicken Hill Whizz, Hawkshaw Gala
- **Janet McIver** – Tiger's Todger, Noon Stones, Broomhead Chase, Burbage Skyline
- Flying postman **Michael Fryer** – Oakworth Haul
- **Jonathan Hare** – Tom Tittiman, Crow Hill, Blackshaw Head Fete
- **Victoria Wilkinson** – Pinhaw Moor, World Trophy Trials, Puma Derwentwater Trail
- **Graham Pearce** – Settle Hills, Wharfedale TTT series, Laycock Gala
- **Jo Waites** – Stoodley Pike, Widdop, Hutton Roof, Ravenstone Brow
- **Scary Mary** – Stirton, BR3, BR4, Burnsall Classic, Grasmere Sports, Braemar Gathering Hill, Blairgowrie & Rattray Games Hill Race, Great Longstone Chase
- **Len Buxton** – Morton Gala
- World downhill mountain bike champion **Karen Ballantine** – Final Frontier, Morton Gala
- Husband **Dick Ballantine** – Final Frontier race
- **Lisa Lacon** – Eldwick and Gilstead Gala, Hebden Bridge Carnival, Arncliffe Fete, Eccles Pike, Blackshaw Head Fete, Kilnsey Crag
- **Rob Jebb** – Blisco Dash, Tebay, Ambleside Sports, Lingmell, Buckden Pike, Burnsall Classic, Grasmere Sports, competed in the world cyclo cross for Great Britain
- **Julie Wilson** – Bamford Spar, Sheldon, Totley Moor, Grindleford, Calver Peak
- **Andy Peace** – Pen Y Ghent
- **Sharon Taylor** – Borrowdale, Blisco Dash, Ambleside Sports, Coledale Horseshoe
- **Alex Whittam** – Wicken Hill Whizz
- **Helen Isley** – Farleton Knott, Oakworth Haul, Chevin Chase, Bradley Family Day Run

Of course there's loads more winners, apologies for not naming you all, but them oft cummed 'ens might get upset if we crow too much!

Photos courtesy of Dave Woodhead



Final Frontier race winner Dick Ballantine pictured descending off the witches hill of Pendle



New Kilnsey Crag ladies record holder with 10-36, Lisa Lacon descends the famous Kilnsey chimney, a sheer rock face.



U12 boys & girls, left to right: Ben Johnstone, 2nd, James Hall, 1st, Philip Done, 3rd, Celebrity starter, Mary Wilkinson, Emma Wilkinson, 1st, Emily Bolger, 2nd, Charlotte Cox, 3rd at a very wet Helliefield.

Emma Wilkinson of Spenborough District & AC – Yorkshire Under 12 Girls Fell Champion

'At seven I started at a running group every Saturday at Princes Mary Playing fields. I heard about it from Chris and Matthew Jones, and since I was interested I tried it out and enjoyed it.

But when I was nine I joined Spenborough and District Athletics Club, and started competing in track and field, and found I preferred the longer distances like cross country and fell running.

I have won many trophies at cross country, and West Yorkshire track and field meetings, apart from running I enjoy doing shot putt and long jump: 800m best 2-34, shot putt best 6-42 and long jump best 4-02. I also enjoy swimming and gymnastics, I also like to read.

My first fell run this year was at Helliefield, and was the Yorkshire championships, last year I finished fourth in the English championships. I was a bit nervous before the start, but when I got running the nerves washed away. I was maybe a bit more cautious as it was quite wet. The course was not as long as I thought it would be, and overall I thought the race was great.

I enjoy fell runs and am looking forward to running in more.'

James Hall of Bingley Harriers – Yorkshire Under 12 Boys Fell Champion 2007

'I enjoyed the Yorkshire champs. The weather at Helliefield was pretty terrible, but it's not the worst. Ambleside sports was really bad with lots of cars getting stuck in the field. I have to walk the course before a race. I'm getting better over walls, rivers and fences, but I want to know when they are coming up. The fence at Helliefield came just before the top of the hill so it gave you a breather, and once you were over it on the way down you could really leg it. I had a good race with a good start, and didn't have to catch anybody up. I'm really into running at the moment, and am doing as many races as I can.

I like all sports especially football and tennis, but at the moment I like running best. I like fell

running because besides running you go all over the country, and make lots of friends. After races you can swim in the river, play footie or if it's a show race you can go on the rides, and spend any money you've won on climbing or eating burgers and ice cream.

I started off running quite early, at Eldwick school, my teacher Mrs. Haggan ran a running club, and entered us for lots of events like the Bingley cross country. My first races were at Ilkley, Cray and Penistone Hill when I was six, it's always cold, wet and windy at Penistone, but anyway I like splashing through mud and scoffing the chocolates in the car after the race.

Among my favourite races are the Wrekin and Pendle, because they have a long run downhill. It's boring travelling to the Wrekin from Bingley, but the food at the Holiday Inn was worth it. It's a good job the race was later on, because I ate **way too much for breakfast!**



James Hall - winner of the Yorkshire John Taylor Memorial Trophy

History maker Scary Mary's view upon becoming the first ever person to win the prestigious 32nd Snowdon International Mountain race and complete a hat-trick

'Three Yorkshire Fell Titles, Three Peaks Champion and Three consecutive Mount Snowdon Victories...anybody spot the trend?! It seems that number three may have been my lucky number in 2007.

To win a Yorkshire title is always a pleasure, but to win it over Yorkshire's famous three peaks made this year's title even more special. The race itself was AMAZING. I have run each hill individually many times in training, but to run them all at once? To finally get the opportunity to do this prestigious event was brilliant, and to actually win I had never imagined. I certainly hope to be on the starting line again next year as the camaraderie of my fellow runners, and the support of those around the course is something I have not experienced in many events and am keen to do so again.

As for Snowdon, well to do the 'hat-trick' was one of my main goals for the year, but I tried to keep that quiet from my main competitors so as not to encourage them to try and beat me too much! I don't know why I love the race so much but I do. The atmosphere is always electric especially running down the finishing straight, and it was the memories of this spine tingling feeling that really helped me push even harder. I wanted to experience that feeling again, and feel it I did perhaps even more so this year than previously having had to work so hard to overhaul the incredible performance of my England team mate Janet McIver. I regard myself as probably one of the best downhill runners around (mainly because I have no fear & can take my brain out at the top!), but Janet certainly challenged this claim. How I managed to stay on my feet I will never know, but at least this year I did! To be involved in such a close fought race, the outcome of which was not decided until the final run in made the victory even more meaningful.

'Will I be back for more? You bet I will, but hopefully my lucky number will progress to four!'



Scary Mary proudly holds aloft the Shirley Hodgson Three Peaks ladies perpetual trophy