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Will Simmons, Tom Adams, Rob Little and Jack Cummings take the top four places at the Ilkley Trail Race

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**Don't forget
This year's
AGM**

**Tuesday 26th
September
8:30pm at ILTSC**



From the Editor

One of the highlights of the year to date was Ilkley Harriers' success in the tenth Ilkley Trail Race, on 29th May. The sun shone, the going was firm and 278 runners finished with Ilkley Harriers taking the top four places. Tom completed a Fell/Trail double, lowering his last year's Trail record by 2 seconds to 38:42. Behind him were Rob Little (2nd), Will Simmons (3rd), Jack Cummins (4th) and 23 other Harriers, including Lucy Williamson (1st FU23) and Sally Malir (1st F50). Thanks and congratulations to Lawrence Basham and all the helpers: the event raised a terrific £2,223 for the Matugga charity.

Jack Wood, bloodied but unbowed after the Three Peaks (coming fourth in under three hours) went on to win both the Jack Bloor and the Welsh 1000m peaks and qualified for selection in the World Long Distance Mountain Running Championship.

Jack also did the best time in the Rombald's Stride, which this year attracted entries from 26 Harriers, including Paul Stephens running his 21st. His account of the race is on pages 10 & 11.

Towards the extreme end of the race spectrum, two Harriers – Jane McCarthy and Steve Turland have recently completed Bob Graham Rounds; Brian Melia continued his personal tradition of far flung ultras with the Madeira Island Ultra Trail and Outi Kamarainen marked her move from Yorkshire to Glasgow with entry in the Scottish Islands Peaks race. Having also competed in the Jura Fell Race, she and her running partner, were awarded the John Dare medal for this year's outstanding achievement in both races – what a way to go!

On the Jura race Outi was joined by no less than 4 members of the Haines Family, headed by Lucy, who is having a terrific year, including First Lady in the Jack Bloor.

Among the juniors there was International selection for Euan Brennan and Bethan Morley, while Junior strength in depth was vividly illustrated by their performance in the John Carr races, which saw five young Harriers in the top 10.

There were other successes as well; so after a pretty good first half of 2017 who knows what the rest of the year will bring?

Peter Lewis - Editor



ILKLEY HARRIERS

Founded 1986

www.ilkleyharriers.co.uk

www.junior.ilkleyharriers.org.uk

Chair/Deputy Chair:

Positions vacant

Secretary: Hilda Coulsley

Treasurer: Martin Archer

Other committee members

- Abi Bailey
- Neil Chapman
- Richard Joel
- Peter Lewis
- Jane McCarthy
- Helen & Dick Waddington
- Sue Williamson
- Shirley Wood - Juniors

Website: Paul Wood

Newsletter editor: Peter Lewis

Email newsletter editor:

Dan Wilkinson

Ilkley Gazette reports:

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Twitter: Petra Bijsterveld

IH Race League: Jane Mccarthy

Auditor: Gavin Lamb

RACE CAPTAINS

Ladies' Fell Captains:

Jane McCarthy & Jann Smith

Men's Fell Captain: Jack Wood

Men's Road Captain:

Position Vacant

Ladies' Road Captain:

Petra Bijsterveld

Men's XC Captain: Steve Coy

Ladies' XC Captain:

Gaenor Coy

Junior section: Shirley Wood

Membership Secretary:

Petra Bijsterveld

Race news: send to news@ilkleyharriers.org.uk

Annual Awards Presentation



The Ilkley Harriers Social and Awards Evening took place on 27th January 2017 upstairs at the Flying Duck, a new venue which, with 70 tickets sold, met with popular approval. Many thanks to all those who completed a nomination form, to Hilda Coulsey and Jane McCarthy who organized the event and Alison Weston who took the photos.

Runner of the year (male): Jack Wood

Winner @

Edale Skyline (21 miles) in 2hrs 55min, Pendle Round, Jack Bloor, Otley Chevin Fell Race, Ilkley Incline, Full Tour of Pendle, Guy Fawkes 10 (56:08)

2nd (or = 1st!) at Rombald's Stride, 2nd at Stanbury Splash, 2nd at Otley 10-mile,

4th at Heptonstall Fell Race,

3rd place at Teenager with Altitude, Ilkley Fell Race, Duddon Fell,

4th at Three Shires Race,

6th place at first 3-Peaks Race in 3hr 2mins and earning Silver Yorkshire Champs medal

6th place at Up The Nab English Championship Fell Race

11th at European Mountain Running Trial

22nd representing Yorkshire at Inter County FRA Championship race (Team GOLD)

Great performances at PECO XC, English Champs Races, Littondale Road and Fell, Reeth, Malham, Kilnsey fell races

Runner of the year (female): Kate Archer

Crowned Queen of the Mountains for scoring highest points over the three races at Snowdon (7th lady), Ben Nevis and Scafell Pike (2nd lady)!

2nd lady at Hawkswick Fell Race, 3rd lady at Rombald's Stride,

Performances at Black Combe, Anniversary Waltz, Old County Tops (37 miles) with Brian Melia, PB of 40.03 for 10K at Abbey Dash, The Stoop, Sedbergh Sports, Weets, Kettlewell Fell,

Pen y Ghent

Most Improved male Michael Lomas

6th place at Fan Dance Race 24km over Pen y Fan 2hrs 48mins, performances at Ilkley Fell Race, Jack Bloor, Three Peaks Race, PB by 11 minutes at Snowdon Mountain Race, first Harrier home in Burnsall 10 followed (literally) by top 20 place at Burnsall Classic Fell Race, Round Hill, King's Challenge, Burley Moor Run

Most improved female Lucy Williamson

PB at Abbey Dash 10k 39.50, 1st lady at Bangor 10K

Performances at HDSRL (including 2nd female at HDSRL 1),

3rd lady at Over the Odda, Stanbury Splash,

Ilkley Trail Race, Parkruns

Endurance road (male): Steve Weston

Wilmslow Half Marathon 1hr 25mins,

London Marathon 3hrs 6mins

Endurance road (female): Helen Waddington

Brass Monkey Half Marathon (1hr 40mins) PB, Manchester 10K (46mins),

Hoad Hill HM, Yorkshire Marathon PB (3hrs 52 mins), Otley 10 (82:45) PB

Endurance off road (male): Dick Waddington

Three Peaks, Anniversary Waltz, Ultimate Trails 110km, CCC 101km,

Full Tour of Pendle

Endurance off road (female): Jane McCarthy

Completing the Ultimate Trails 110km 3rd lady.

Completing the Courmayeur-Champex-Chamonix 101km in 20hrs

Full Tour of Pendle 4th lady

Ilkley Skyline female course record 3hrs 28mins



Annual Awards Presentation

cont.



Under 23 (male): Matt Newell

5K Podium Race 16:08, John Carr 5K 16:20, Dewsbury 10K PB of 34:54

Under 23 (female): Jemima Elgood

England vest at Mountain Running Youth Cup in Czech Republic (34th place)

7th U20 at European Trials, 6th at Yorkshire XC, 11th U17 at Northern XC Champs, 54th at National XC Champs

1st lady at Addingham Gala Fell Race and 4th overall, 1st at Burley Moor, 2nd at Ilkley Fell Race (1st U18), 2nd U18 at Hawskwick (U18 Yorkshire Champion)

Performances at West Yorkshire XC, various other fell races

Over 50 (male): Malcolm Pickering

Northern XC Champs 444th place, Bunny Run 3 1st V60, Eldwick 1ST V60, WYXC 3RD V60 overall, The Stoop 5th V60

Over 50 (female): Alison Weston

Running in her 17th(!!!) Three Peaks 2nd V50, Anniversary Waltz 1st V50, Black Combe,

Malham Kirkby, Buttermere, Otley Chevin Fell Race 1st V50, 4th V50 in English Fell

Championships, 2nd V50 at Snowdon Mountain Race

Contribution to club (male): Neil Chapman

Committee, coaching Monday circuits, Thursday and support at Saturday mornings. Organising races e.g. HDSRL and Christmas relays.

Contribution to club (female): Hilda Coulse

Committee role as Secretary but taking on SO much more in ongoing absence of a Chair at the Club. Working with Shirley on gaining Clubmark accreditation through improving Club policy and standards.

In addition an **Exceptional Performance Award** was made to **Tom Adams** for yet another stunning year of achievement:

Winner @ Stanbury Splash, Ilkley Fell Race, Baildon Boundary Way in 76mins (an incredible 13 minutes ahead of 2nd place), Bunny Runs, Course Record at Ilkley Trail Race, Bingley Show, Withins, Harriers vs. Cyclist (CR), Running Bear Race you to the Summit (CR), The Stoop, Race for the Donut!

New Club record at Podium 5K

2nd at Yorkshire XC Championship

1st place at 25km Montserrat Sky Race

8th at European Mountain Running Trial

5th representing Yorkshire at Inter County FRA Championship race (Team GOLD)

17th at the European Mountain Running Championships (Team BRONZE)

Phenomenal 2nd place by just 7 seconds to Jonny Brownlee at Chevin Chase

The presentation of the 2016 **Ilkley Harrier Race League** awards also took place:

The overall winner was Lucy Williamson who hit the front fairly early on and stayed there despite Steve Murray's late finish - he finished just under 6 points behind. Third was Peter Lewis while the individual awards were as follows:

Fell: Jack Wood

Trail: Adela Reperecki

Road: Lucy Williamson

And Finally

A new category of Best News Articles, chosen by Peter Lewis, were awarded to

Brian Melia and **Outi Kamareinan**.

Also an award for website upkeep was made to **Paul Wood**.



Fell Report



Ilkley's fellsmen have been enjoying the lengthening evenings and beginnings of the fell season...Here are some of the highlights:

Steve Weston and team delivered a fantastic Ilkley Fell race. Tom won (again!) in a fast time. Euan Brennan U18 showed he is a force of the future with a strong 5th, Jack Cummings similarly in 8th. V60 win for Malcolm Pickering and V70 for stormin' Norman Bush.



Tom out on his own at the Ilkley Moor fell race

Tom took his prowess to Monserrat with a course record and to the Lakes with a convincing win in the first Lakeland Trails race.

Ben Sheppard showed great stamina with a 29th in a Haworth Hobble enriched with GB hopefuls followed by a win in the LDWA's Blubberhouse 25. Derek Oliver ran well at the latter with a 5th place.



Jack Cummings leaving fell running legend Ian Holmes in his wake at Bunny Run 2

Ilkley's young men were on smashing form in the Bunny Runs. Jack Cummings with an overall 3rd and cracking individual runs from Matt Newell, Euan Brennan, Cameron Reily and Oscar Stapleton. Jack Cummings also had a great run at Dick Hudson's just holding off a two-wheeled Dave Wilby for second place. Will Simmons announced his arrival to Ilkley with a solid 6th at Heptonstall despite following his GPS through a bog; I managed to hold off local veteran Karl Gray for the win. Steve Turland proved he was Ilkley's one true Fellsman completing the 62 mile course in 16 hours.

I was proud to achieve my first sub 3 hour Three Peaks time, Will, also running well in his first Three Peaks came 33rd. Michael Lomas managed a sub 4 hour PB and Iain Gibbons ran a decent race despite getting cramps

early on to come in just over 4 hours.

Finally The Jack Bloor saw a clean sweep for the Harriers in the men's and ladies' team prizes with a 1st and 2nd for Lucy Haines and Jemima Elgood.

Well done to everyone who has raced in recent months and see you at fell training, 7pm Thursday at Millennium Gardens.

Jack



Team winners Jemima Elgood, Jack Wood, Lucy Haines and Jack Cummings

Road Captain's Report



The year had a very good start with a first finish by Matt Newell at the New Year's Day parkrun at Skipton (for the non-parkrunners in the audience: parkruns do not have winners, as 'parkrun is a run, not a race').

January 15th saw 5 Harriers at the aptly named Brass Monkey Half Marathon in York, with Rob Cunningham finishing in a very creditable 79th place out of more than 1500 runners.

Whilst many Harriers ploughed across the moor for Rombald's Stride on February 4th Sally Malir and myself went instead to Dewsbury for a nice bit of unscenic tarmac. Most unfortunately this race, which is a proper road runners' 10K with a very flat course and a fast field, was 200 meters too long this year, which put a bit of a damper on for many participants.

March 5 saw excellent running by Lucy Williamson in her first ever half marathon; she ran 1:27:55 in the Anglesey HM to take the 4th female place. On the same day Caroline Howe was the only Harrier at the Haweswater HM, this is an 'old skool' race with no chip timing or even a finishing clock, but has plenty of charm and comes highly recommended.

March 19 saw that favourite preparatory race for many marathon runners, the Trimble 20 around Lancaster, and the Bradford 10K, the first road race in the club league, where Pauline Munro was the first F40 in a strong field. It was a wet and extremely windy day and most people's times reflected this.

A week later 6 Harrier ladies (Sally Malir, Jane Bryant, Hilda Coulosey, Stephanie Fox, Val Kerr and myself) travelled to Blackpool for the Northern Road Relays. The difficulties in getting a team together were well compensated for by the good day out we all had, which included some excellent running on what turned out to be the warmest day of the year thus far.

The Keighley 10K on March 26th saw a storming run from young new member Will Wood who finished 15th, and a PB for Caroline Howe.

Six Harriers ran the London Marathon on April 23rd, with a particularly outstanding 4:02:39 from Jan Carrier. On the same day Ben Sheppard ran the Blackpool Marathon, a race whose lack of iconic appeal was compensated by his excellent time of 2:59:22 to finish in 11th place.

The Leeds Half Marathon on May 14th brought unexpected warm weather and many runners suffered the consequences, though Hilda managed an excellent 1st F60 placing.



Road Captain's Report

cont.



A cast of Harriers at John Carr 1

The road racing scene in May was, as every year, dominated by the John Carr series. Ilkley Harriers were present in large numbers, especially for the first race which was a club league counter and there were excellent results especially at the sharp end with 5 young Harriers in the first 10 home, Jane McCarthy taking 1st F40, Hilda Coulsey 1st F60 and Geoff Howard 1st M70.

The second race was a little quieter, coming the day after Jack Bloor, but saw Sally Malir finish as 1st F50 and Hilda 1st F60 again. Race 3 saw Tom Adams take the win in 15:31 which set the standard on this new course, while Hilda cruised to a category win for the 3rd week in a row.

Finally, having caught the road relay bug, 4 Harrier ladies (Jane Bryant, Hilda Coulsey, Sue Harris and myself) went to the British Masters Road Relays in Sutton Park on May 20th.

As your road captain I am keen to promote more team events and will be looking out for more relays we can enter as a club. If you have not taken part in any, and have even the slightest interest in road running you should really give it a try, it is surprising how rewarding and motivating it is to run as a member of a club team. And honestly, you really do not need to be fast!

It is certainly my aim to be able to enter men's as well as women's teams in future races, so please watch out for the publicity in due course.

Petra Bijsterveld



Ultimate Trails 2015



Chevin Fell Race 2015

Ben Sheppard, 40 years old, 8 years running, joined Ilkley Harriers c.2009.

Married to Emma. Two children: Tilly (6) and Albert (1).

I initially started running to improve my fitness for football. Once I discovered the joys of running in the hills around Ilkley it soon replaced football as my preferred pastime and way to exercise.

Weekly routine

My typical week's running comprises about 25 - 30 miles spread over 3 - 5 runs. Usually one or two hilly trail / fell runs and one or two on the road or canal towpath, but given the choice it would all be off-road. If I can summon any motivation or discipline it may include a speed or hill reps session. The club sessions are perfect for this but I don't get to that many nowadays. Ideally at least one long trail/fell run - with friends is even better - and maybe a race.

How do you find the time to run?

Fortunately I have a very understanding family. I think they put up with my running habit because it is preferable to my grumpiness when I don't run. It often means having kit with me wherever we go so that I can jump out of a car journey and run the rest of the way home, often changing into running kit by the side of the road. The canal towpath in Leeds on a lunchtime once or twice a week can be boring, but is a good way to fit in a quick 5 or 6 miles and maybe some speedwork.

My favourite types of running, in descending order of preference are: Fell, fell, fell, trail, canal towpath, road, cobbles, sheet ice, hot coals, treadmill.

The Jane Tomlinson Leeds 10k was probably my first ever race and the Jack Bloor was my first fell race. I really enjoy running in the Harrogate Race League, which I discovered shortly after joining the Harriers.

Goals and achievements

Completing the Three Peaks race for the first time was a big achievement, and improving at that race for each of the following three years were personal mini-goals (PB 3:38 in 2015). My other PBs are 37:06 for the 10K; 1:20 for the Half Marathon (Brass Monkey, 2015); and 2:59 for the Marathon (Blackpool, 2017).

Favourite/ Most satisfying races:

Two of my favourites are the Haworth Hobble and Langdale Horseshoe. I'm sure there are many more potential favourites I have yet to discover. Sometimes, because of their nature, just

Member Profile **Ben Sheppard** cont.

completing some races is satisfying, e.g. my first Three Peaks and the Ultimate Trails 110k. On other occasions - when everything goes to plan and you pace it well and finish strong - it's always a great feeling picking up places in the later part of a race (even if it implies that you'd set off too slow!).

Favourite routes: Being able to run up Ilkley Moor and Beamsley Beacon from the doorstep is brilliant - what more could you ask? And a trip up Simon's Seat is always a treat. Further afield, I would say the Lakeland fells: an early morning Coniston horseshoe is a great way to start the day on holiday.

Best experiences of running tend to depend on the people I'm with, so (1) Sharing with family - Emma and Tilly supporting me at checkpoints on the Ultimate Trails. (2) Running with friends, preferably in the hills far away from signs of civilisation.

Inspirations

The achievements of clubmates is a constant source of inspiration for me. Not just the obvious stars like Tom Adams and Jack Wood - and Brian Melia for his ultras, but clubmates racing out of their skin (e.g. Jack Cummings - whom I used to beat a couple of years ago!) or completing heroic long distance challenges (go Amanda Parnaby!) and everyone who even attempts (let alone completes) the Bob Graham Round.

I enjoy both the solitude and the social side of running; the personal challenge and the camaraderie of fell racing; the therapeutic effect of running in the hills.

Future GOALS

First to keep enjoying running and exploring new places, then (in no particular order), a 100 mile race, a multi-day stage race and the Bob Graham Round.

Rombalds Stride Paul Stephens' reflections on 21 races



2013



2017

It starts at St Oswald's School and the banter with people you've not seen for a year, the rising hum of anticipation and some apprehension of the task ahead. A mass move to the start and suddenly the off.

Up the road, squeeze through the pinch point and down the field, under the railway, through the

Rombalds Stride

cont.



woods to Esholt and along the road to the bucket drop; Tong Park, Baildon Moor, Golcar Farm, Weecher, Wicking Crag, Lanshaw Lad, West Buck Stones, Pipers Crag, Swastika Stone, Rocky Valley, Pancake Stone, Bank Crag, Burley Woodhead, Menston and Burley, Eller Ghyll, down almost to Otley, up the Chevin, Moor Lane and back to St Oswald's School. Around 22.5 miles and 2,700m of climbing, the high point is the trig pillar on the top of Ilkley Moor at 402m, the low point the River Aire at 55m. That's the Rombalds Stride.

The route from Pipers Crag through to the Chevin roughly follows the line of a prehistoric route travelling East-West across the mid-pennines. The Mesolithic hunters living in the area some 5-10,000 years ago would have found an area increasingly hospitable as the ice retreated with the forest expanding and an abundance of wildlife. The 12 Apostles are the remains of a Bronze Age burial site and whilst on Baildon Moor I guess we ran close by an Iron Age Bell pit. But history wasn't at the forefront of my mind as I spent another February Saturday morning in the mud over the moors, one of 494 people participating in Rombalds Stride 2017.

Saturday the 5th February 1994 was my first ever Rombalds Stride, with a group of friends from the Yorkshire Mountaineering Club. The route that year missed out Baildon Moor and instead went along the canal to Shipley, up Shipley Glen and on to Dick Hudsons before crossing Rombalds Moor. 1995 saw the new route via Baildon Moor, but for many years the route after Whetstone Gate and the masts went directly down the Keighley Gate Road to Ilkley Bottom. It was different on the Chevin as well, with an extra sting in the tail - a descent to the lower car park on East Chevin Road before climbing back up to the top of the Chevin again.

Whether the route changes have made much difference to the timings I don't know. In recent years there are certainly more people coming in in under 4 hours. More quality runners probably, but generally drier conditions underfoot also make a difference. Overall in the 21 times I've run the Rombalds it's been pretty good weather. A few snowy/icy runs, a few with the clag down, but the only really wet year was last year and I missed that one through injury.

Without being too boring, a brief look at my times. I've been pretty consistent over 20+ years.

- My slowest was my first time in 1994 - 4hrs 14 when I was 96th .
- My fastest in 1997 at 3hrs 35 when I was 58th.
- My highest place was 42nd in 2009 but my time was 4hrs 05.
- My lowest placing was the last 2 runs at 105th - times of 3hrs 54 and 4hrs 03 respectively.
- I've been in the top 10% twice and the top 20% 19 times.

So 2017 was my 21st Rombalds Stride. My brother also competed his 21st this year. He's a bit faster than me, and has had some high positions, coming 3rd one year. And looking at past results other Harriers have been running the Rombalds for many years. Mike Baldwin was 14th in 1995 and of course he completed the course again this year. Nick Pearce has had a couple of high placings in the years either side of the Millennium. Geoff Howard is the only name I recognise from my first outing in 1994 but there have been many more Harriers in recent years. The record Harriers turnout was I believe in 2011 with 40 runners.

But let's go back to the run again. In recent years I've found the slabs over Ilkely Moor hard going - (it feels harder than the previous bog), the path from the Pancake Stone over to Burley Woodhead is quite technical and I'm beginning to tire by then, and the long road stretch down the Chevin is always a killer for me. But with tea and cakes all the way round, the friendly marshals, (some have been doing it for over 20 years!), the pie and peas at the end, and the support from Harriers, family and friends and the ever-changing scenery what more can you want. Thank you all. I might just have to try again next year.....

Paul Stephens



Harriers Race League



HARRIERS LEAGUE UPDATE

April and May saw four fantastic races in the Harriers League, with lots of impressive performances, big Harrier turnouts and some great Club camaraderie. At the Guiseley Gallop on Easter Sunday, a well organised, friendly, 2 lap trail race through Esholt woods. Ilkley ladies collected 2nd, 3rd and 4th place. John Carr (1) on May 3rd attracted 27 Harriers to the 2017 new 5K course, with the hill rather painfully in the 3rd mile, before a fast finish. Superb performances by the Junior section of the Club (4 runners in the Top 10 and all under 17 minutes) provided strong competition for the first Senior Club runner home, Jack Cummings, 4th overall in a time of 16 minutes 21 seconds. Geoff Howard was 1st V70, Hilda Coulsey 1st FV60 and Petra Bijsterveld achieved a PB (which she went on to better in Race2). Just three days later, Saturday 6th May saw the fifth Over the Odda Trail Race, starting and finishing in Hawksworth. This event sold out early, disappointing a few Harriers, so remember to enter early next year! A brilliant win for Tom Adams, who set a new course record on his first race back. Robin Nicholson was an excellent 7th place, Alison Weston took 1st FV50, Adela Reperecki took 1st FV55 Next up was the Jack Bloor fell race in which 32 Harriers tackled the approx. 5 mile (depending on your route choice) course, and there were trophies galore for Ilkley Harriers. Jack Wood took his third consecutive win in 38mins 51 seconds, Jack Cummings was 1st U23, Ralph Tench 1st V50, and Lucy Haines 1st lady and 1st FU23.

The Ilkley Trail race saw Ilkley Harriers make a clean sweep of the top four places. Tom won (again with a new record) followed by Rob Little, Will Simmons and Jack Cummins. All four posted impressive League scores of 90+.

June began with Race 2 of the HDSRL and an excellent performance by Malcolm Pickering, which earned him 97 League points, just ahead of Matt Newell scoring 96 points for his 5th place. Two days later the Wharfedale Trail Half Marathon saw Jonathan Sinclair scoring highest points for his great run.

To the Overall League. After 11 races, Michael Duffield, winner in 2015, is in the lead, having run 9 races and accumulated a total of 739 points. Alison Weston is in second place after 8 races with 670 points. Dave Robson in 3rd, having declared a great Wildcard for his race at Cwmdru Fell Race, Steve Murray is 4th and Sarah Edwards 5th. In the individual disciplines, Jack Cummings leads the Fell League, with 269 points from 3 races, Adela Reperecki leads Trail with 258 points, and Alison Bennett leads the Road League with an impressive 180 points from 2 races. Among the dark horses to look out for in the second half of the year, Jack Cummings and Jane McCarthy both have average scores in the 90s.

Halfway through the year there are still 13 races to count (5 Road, 5 Fell and 3 Trail), so there is plenty of scope to improve your position in the Race League and don't neglect the Wildcards – so far I've received only 4!

Jane McCarthy

| | | Total | | Fell | | Trail | | Road | | W'card | |
|-----|------------------|-------|--------|------|--------|-------|--------|------|--------|--------|--------|
| Pos | Name | # | Points | # | Total | # | Total | # | Total | # | Total |
| 1 | Michael Duffield | 9 | 739.34 | 3 | 226.17 | 4 | 336.34 | 3 | 258.31 | 0 | 0.00 |
| 2 | Alison Weston | 8 | 670.30 | 3 | 248.36 | 3 | 250.61 | 2 | 171.34 | 0 | 0.00 |
| 3 | David Robson | 7 | 597.75 | 2 | 161.34 | 3 | 257.71 | 1 | 85.52 | 1 | 93.17 |
| 4 | Steve Murray | 6 | 506.83 | 1 | 81.14 | 3 | 250.18 | 2 | 175.51 | 0 | 0.00 |
| 5 | Sarah Edwards | 7 | 506.31 | 3 | 212.32 | 3 | 216.18 | 0 | 0.00 | 1 | 77.81 |
| 6 | Peter Lewis | 6 | 465.95 | 3 | 218.11 | 1 | 82.03 | 2 | 165.81 | 0 | 0.00 |
| 7 | Jack Cummings | 5 | 463.56 | 3 | 269.32 | 1 | 95.14 | 1 | 99.10 | 0 | 0.00 |
| 8 | Hilda Coulsey | 5 | 442.34 | 0 | 0.00 | 2 | 162.63 | 2 | 176.26 | 1 | 103.45 |
| 9 | Tom Adams | 4 | 400.00 | 2 | 200.00 | 2 | 200.00 | 0 | 0.00 | 0 | 0.00 |



Ilkley Harriers of the month



January 2017 – May 2017

January Runner of the month: Norman Bush

for V75 record for Skipton parkrun

Other nominations:

Geoff Howard for consistent 22 & 23 min parkruns in January

Rob Cunningham for 1h19 Brass Monkey half PB

Matt Newell for parkruns and cross-country commitment plus SM18 record at Skipton

Tim Ashelford for parkruns

Volunteer of the month: Gaenor and Steve Coy

for their diligent PECO and representative cross country organisation. No other nominations

February Runner of the month: Paul Stephens

for completing an excellent 21 Rombalds Strides, in very consistent times

Other nominations:

Jane McCarthy for 1st lady Rombald's Stride

Volunteer of the month: Steve Weston (and Team) for organising the Ilkley Fell Race

Other nominations:

Helen Waddington for providing the Harrier of the Month summary every month

March Runner of the month: Ben Sheppard for Haworth Hobble

Other nominations:

Caroline Howe for Keithley 10k, Haweswater half and Harrogate parkrun

Jack Wood for Long Mynd and Edale the same weekend

Kate Archer for Pendle

Volunteer of the month: Petra Bijsterveld for organising our Northern Road Relays teams

Other nominations: Alison Weston for Gazette reports

April Runner of the Month: Jack Wood for sub 3hr Thee Peaks - including fall!

Other nominations:

Jane McCarthy for Basildon Boundary Way, Guiseley Gallop and 3 peaks

Jack Cummings for Bunny runs and Dick Hudsons. Cam Reilly for Bunny runs.

Euan Brennan for Bunny runs

Volunteer of the Month: Alison Weston for Ilkley Gazette reports

Other nominations:

Neil Chapman for Thursday training.

Alison Bennett for Carnival volunteer organisation

May Runner of the Month: Jane McCarthy for successfully completing the Bob Graham Round

Other nominations:

Caroline Howe for her Edinburgh half pb

Jack Wood for great results and World Long Distance Mountain Running Championships selection

Mary Gibbons for 3rd lady at Chevin Fell

Jack Cummings for another great month of results plus 2nd at John Carr

Petra Bijsterveld for various pbs

Dick Waddington for supporting Jane

Will Simmons recently joined and 3rd in Trail race

Amanda Parnaby for the LDWA 100Hm

Hilda Coulsey for 1sts F60 John Carrs and Leeds half

Volunteer of the Month: Lawrence Basham and the Trail race team

Other nominations:

The Beginners 0-5k team

Paul Sugden

Jane's support team

The Bob Graham Round



The Bob Graham Round is a tough, 24 hour challenge: 66 miles of fell (and a little bit of road at the end) covering 42 Lakeland peaks and around 27,000 feet. Popularised by Richard Askwith in his classic book on fellrunning *Feet in the Clouds*, it is usually run in high summer, to make the most of daylight hours. The route, starts and finishes at the Moot Hall Keswick, and breaks down into 5 legs, providing 4 support points at road crossings. Quite a few Harriers have completed the BG round. They include Helene and Jonathan Whitaker (1987 and 2004), Alison Weston (2006), Brian Melia (2007) and Paul Calderbank (2015). There is a Bob Graham 24 club (website: www.bobgrahamclub.org.uk) which includes historic al records and details of the full criteria for qualification. Jane McCarthy and Steve Turland each completed the BG in May and June this year.



Jane McCarthy

JANE MCCARTHY

Dick Waddington and I have been thinking about this for a while, and managed to juggle childcare, leg support and time off work to attempt the Round on Friday May 26th. Unfortunately, we were not able to organise the weather; as we set off from Keswick at 1am it felt ominously warm at 17 degrees.

LEG 1 covers approximately 12 miles and 3 peaks, starting with a 4 mile ascent of Skiddaw. We were slightly surprised to find we were about 5 minutes off our planned schedule at the top; I think even in those early stages the effect of the heat was present and we were both in full sweat even at a steady pace. Dawn broke just as we reached the top of Blencathra. I'd recce'd the Hall's Fell route and not been comfortable with it so, as Dick was happy to lead the Parachute Drop route, we settled on that, despite it being almost vertiginous at the top. We arrived safely at

Threlkeld at the end of Leg 1 – to the wonderful treat of coffee, porridge and pain au chocolat courtesy of Helen Waddington and Alison Weston (who was ready to support Leg 2) at 5am. It was already 21 degrees and we knew the sun would be fully up by 7am. I don't remember ever putting suncream on at 5am before!

LEG 2 is a lovely stretch, covering The Dodds, Helvellyn and Fairfield. After a tough climb up Clough Head it becomes very runnable and there are more peaks (12 in total) to tick off while enjoying stunning scenery. Alison was superb at pacing us (not surprising as a Bob Graham Round veteran herself) and we were on schedule for around 23hrs.

Approaching each of the end-of-leg road crossings was a real treat, not least seeing our support crew and fresh food choices. As we approached Dunmail Raise I knew Andrew would have joined Helen and we could spot Kate Archer and Nick Pearce too. In the valley bottom we could suddenly feel how hot it was. Eating something more substantial is really important at the checkpoints but difficult to do. I had 'pre-ordered' curry flavour noodles and some rice pudding and managed to get enough of both down to know that fuelling was going reasonably well. During each of the legs Dick and I had both provisioned to eat a 'little' something every 30 minutes and something 'bigger' every hour. This was very sage advice given by Double Bob Graham (seriously) record holder and ultra-runner extraordinaire Nicky Spinks.

LEG 3 was always going to be tough. It is the longest at around 6 hours, in the middle of the day, with precious little shade and minimal water available to cool us down. Kate Archer set off with us with a big smile of encouragement. Heads down, we tackled the first stretch, the very steep Steel Fell. Underfoot it was pretty grim, slow and tussocky. There also seemed to be too few peaks to tick off. Kate was a brilliant support as she made sure Dick and I were staying together and talking and eating. We had been moving for just over 10 hours when Dick mentioned that he was overheating and not feeling good. A tarn allowed him to soak his hat and t-shirt but by Pike O' Stickle he was suffering badly from heat-stroke, his body unable to cool down while needing to work hard to keep moving. Despite dousing in a stream at Stake Pass, Dick knew he had no real option but to pull out. Although the right decision, it



The Bob Graham Round

cont.



was so disappointing, and pretty emotional as this was always supposed to be 'our' Attempt. Though I did not want to do it without him, I was feeling okay, and when you are that far in, with support waiting ahead, it felt right to try and continue.

Kate and I continued to make our way via Bowfell and Esk Pike to Scafell Pike and then Scafell. Coming in to Wasdale (via an atrocious line of my choosing) was very exciting as a jacket potato with cheese and beans awaited. A 14 minute stop made me feel refreshed and ready to tackle Leg 4, though my heart sank when I looked up at Yewbarrow, the most demoralising, peak on the Round. Fortunately I had the wonderful, company of Nick Pearce, providing quiet words of encouragement and super pacing. Despite stopping to apply several Compeed to my sore feet, we made good progress. I even managed to enjoy my favourite peak, Great Gable, majestic in the late evening sun. With only a relatively short Leg 5 to complete: just 3 more Peaks, doable in 3 hours, I think I knew at this point I was going to finish within the required 24 hours.

I was incredibly lucky to have Helen Waddington accompany me on Leg 5, just so supportive. We had a few minutes of searching for a safe line in the dark off Robinson, the final summit but then we FINALLY were down and had 'just' the 7.5km track and road into Keswick to touch the door of the Moot Hall. It felt as if it would never end, but it did after just 23 hours and 7 minutes. Definitely worth it!! I would relish the opportunity to support anyone looking to attempt the Bob Graham Round in the future. Big thanks to everyone involved, but particularly Dick, who I very much hope will go on to complete his Round - on a much cooler day.

STEVE TURLAND

I completed the Bob Graham round on Saturday in 22hr 40. With an 11pm start, I ran the first two legs solo, but immediately got into a bit of navigational difficulty coming off Skiddaw. Low mist and drizzle combined with the bounce back from the headtorch was giving about 2m visibility, making it very difficult to follow the path finding myself wading through knee deep heather on at least a couple of occasions. Pleased to finish leg 1 only 10 minutes down on my 22hr 15 schedule. Another group just ahead of me had lost 90 minutes in the mist!

The clouds cleared and with dawn approaching, I made good progress on leg 2, regaining the lost time and finishing the leg 15 minutes up on the overall schedule. It was a surreal experience to see such a busy Hellvellyn summit at 5am in the morning due to the 10 Peaks race that was also taking place that day. It was a midgefest at Dunmail so no time to sit in the chair, and we were off on leg 3.

I was paced really well throughout leg 3, but low mist and wet rock hampered progress after Bowfell, and we lost about 20 minutes skating over the rocks to Scafell Pike. Then onto my favourite bit of the round - Lords Rake, West Wall Traverse and the superb scree descent into Wasdale. Leg 3 done.

With thighs burning and the climb up Yewbarrow beckoning, I languished probably a little too long in the chair being force fed food from my checkpoint team - my Mum and two sisters who did a fabulous job throughout. Then it was off out of Wasdale, with words of encouragement from Joss Naylor (I don't think I was hallucinating at that point) and the 'eagerly awaited' climb up Yewbarrow. Felt good on leg 4, gaining time on each summit and allowing the luxury of another stop at Black Sail pass to take on more food from my sisters who had walked up from Wasdale. Eventually arrived in Honister, leg 4 complete, and good to see Jack Wood there supporting after his Buttermere race that day.

I was joined by my son at Honister who did the last leg with me (he had the patience of a saint). My uphill legs were still going strong, but the downhill legs had packed in for the day. Reached Robinson summit only just behind schedule, but after that point things started to unravel and a fair amount of coaxing was required to get me down off Robinson. The road into Keswick went on forever and ever and ever, but fantastic moment finally running down Keswick high street with my son beside me and to the railings at Moot Hall. All in all, a fantastic day (and night) out in the hills, with friends and family supporting.



Steve Turland at the Moot Hall after his BG

Scottish Islands Peak Race



“Did you bring your bikinis?” is not a question one normally hears before the start of a fell race. Then again, this was no ordinary fell race. Though Scottish waters aren't as famed as the Mediterranean for improving your tan line, I had in fact packed a bathing costume and suntan lotion, together numerous fleeces and woolly jumpers, just in case.

This year I got a chance to compete in the Scottish Islands Peaks race. After putting up (an unsuccessful!) dating advert on the race website roughly along the lines of “Two female runners looking for able bodied seamen for a wet and wild weekend”, I was very excited to hear that, despite my disappointingly empty inbox, we did indeed have a boat. My running partner Leyre had a friend with a yacht - Cloud Nine of Lorne. Normally chartered out, the owner Davie had thankfully decided that he wanted a return to racing after a few years' break.

Briefly, the SIPR, as it is known, starts in Oban and requires teams of 5 - 3 sailors and 2 runners, to sail from to the isles of Mull, Jura and Arran, with the runners racing up the highest peak on each island (Ben More, the Paps of Jura, and Goatfell respectively) before finishing in Troon. The combined running distance is just over 100 km, with a few kilometres of ascent thrown in for good measure. However, the sailing component seemed to be far more challenging. For starters, the distance is 300 km (which to me is a lot of nautical miles), but the real difficulty lies in navigating through the different tidal flows between the islands. If you miss a tidal gate, the yacht can be stationary for up to 6 hours, or even pulled backwards by the tide. Being always in command, our skipper only slept about 4 hours between Friday morning and Sunday night. We, on the other hand, were free to sleep the whole time spent at sea.

Thursday night in Oban, we boarded the yacht and were assigned our cabins but I was far too excited to sleep, as the boat gently rolled on the small waves. Little did I know that in two days' time, I would be similarly lying awake, this time keeping half an ear open in order to guess when the sailors were going to tack next. This gave me a chance to shift my legs and brace against the opposite wall and hence stop myself being thrown across the cabin, as the boat tilted from one side to the other.

I raced with a Spanish lady, Leyre Flores, who is based in Glasgow. Though we'd never ran as a pair, we'd competed in several of the same races, so I knew that I didn't have to worry about her hill legs. The initial 'sprint' around the coastal trails of Oban went well, comfortably running towards the back of the pack, as the fast male teams shot off in uncontrollable enthusiasm. There was still a very long way to go, so we tried to conserve our energy

After arriving back at the yacht club, we were swiftly rowed to the yacht and off we went. Except we didn't really; the lack of wind meant that the whole fleet slowly drifted out of the harbour over the next few hours, propelled only by the tide, or in some cases, runners rowing the yachts along! The wind picked up slightly on the way to Mull, but we still had enough time to enjoy a freshly cooked stir-fry for lunch, and admire the stunning views out on deck.

We were back on dry land at about 5 pm, for the first (22 miles) run on Mull. After a long, steady road section, this was an enjoyable scramble up a scree slope, followed by a traverse on lovely springy ground, getting us back on board for 11 pm. The run on Jura followed a similar pattern.

Scottish Islands Peak Race

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The views of the colourful flowers and crystal-clear waters along the coastal road helped to pass the time, especially the abundant bluebells. The first Pap is approached from a different direction compared to the Jura fell race, and, from a distance, it looked impossible to climb up without a rope. Closer up, we were relieved to find a faint path at the bottom of the steep climb leading to the top, and the rest of the run went well. The sail around the Mull of Kintyre that followed was much more exciting, given that the winds had picked up considerably. That evening the meal consisted of instant pasta, to which you only need to add hot water. This was “cooked” whilst wedged in the kitchen galley, with one hand always holding on to the sink. Our arrival into Lamlash, for the final run on Arran, was perfectly timed. The rain stopped just as we were being rowed on shore, and by the time we’d run from Salen to the bottom of Goatfell the clouds had lifted, so that only the very top was obscured. By this point, my legs were quite tired, but it was a fantastic feeling, knowing that after few more hours our race would be done. We even manage a beer each during the final 2 hour sail over to Troon on the mainland.

It was a brilliant race, with four very different

runs, and the brand new experience of being on a yacht thrown in for good measure. Combining sailing and running made the race far more interesting - we were overtaken several times by the same teams whilst running, since we were able to overtake them, in turn, on each sailing leg, in our faster boat.

Outi Kamarainen ...

For their back to back performances in the SIPR and the Jura Fell Race (one week later), Outi and Leyre were inaugural winners of the John Dare Memorial Shield, awarded for outstanding achievement in both races - Ed.



Lyre, Outi and (centre) Christine Mahoney (skipper's other half)

Ilkley Harriers Race Programme 2017

| Every Saturday | 9.00 | 5k Time Trial | Leeds, Bradford, Harrogate, Skipton | 5k | Register first-www.parkrun.com |
|----------------|-----------|--------------------|-------------------------------------|----------------|-----------------------------------|
| July | | | | | |
| ▲ | Sat 1st | Blackfell | Kettlewell | Fell | Contact bingleyharriers.org.uk |
| YV JR | Sun 2nd | Eccup 10m | Adel St John Primary School | 15k / 777m | abbeyrunners.co.uk |
| | Sun 2nd | Harrogate 10k | Crescent Gardens, Harrogate | 10m | Harrogate Harriers |
| | Sun 2nd | Oakworth Haul | Oakworth Gala field | 10k | kcac.co.uk |
| RELAY | Tues 4th | Danefield Relay | Danefield Park, Otley | 9k / 250m | fellanddale.com |
| YV JR | Wed 5th | Helen Windsor 10k | Greenland Sports Club | 12+ (team x 3) | yvaa.org |
| | Wed 5th | Skipton Fell | Skipton | 10k | kcac.co.uk |
| | Thur 6th | HDSRL Handicap | venue TBA | 9k / 360m | club website for details |
| EC | Sat 8th | Wasdale | Brackenlose, Wasdale. | 5m approx | cfra.co.uk |
| L | Sat 8th | Addingham Gala | Gala field, Addingham | 34k / 2750m | Dan Wilkinson 01943 43094 |
| | Sat 8th | Baildon Canter | Baildon Rugby Club | 5.8m / 1000' | baildonrunners.co.uk |
| L | Sun 9th | Leeds 10k | Leeds City Centre | 5k / 150m | asdafoundation |
| ▲ | Sun 9th | Burn Valley Run | Masham Town Hall | 10k | Ripon Runners |
| RELAY | Wed 12th | Golden Acre Relays | Golden Acre Park, Leeds | 13.1m | Abbey Runners |
| | Sat 15th | Ingleborough | Sports Field, Ingleton | 3 x 2.75m | ingletongala.org.uk |
| | Sun 16th | Burton Leonard 10k | Village Hall | 11k / 600m | ukresults.net |
| ▲ | Sun 16th | The Bramham Run | Bramham Pavillion | 10k | ukresults.net |
| BO JR | Sun 16th | Cracoe | B6265 nr Grassington | 2.6m / 900' | bofra.org.uk |
| ▲ | Sat 22nd | Bingley Show | Myrtle Park, Bingley | 10k | bingleyharriers.org.uk |
| JR | Sun 23rd | Cray Fell | B6160 Kettlewell/Aysgarth | 2.8m / 1200' | bofra.org.uk |
| | Sat 29th | Cowling Gala | A6068 twist Colne/Keighley | 2.75m / 475' | bofra.org.uk |
| Aug | | | | | |
| | Thur 3rd | Eshton Moor Fell | Old Hall Farm, Gargrave | 8.3k / 172m | wharfedaleharriers.co.uk |
| JR | Sat 5th | Hellfield Gala | Hellfield Recreational Field | 3.5m / 853' | bofra.org.uk |
| L | Sun 6th | Round Hill | Timble village crossroads | 14.1k / 335m | ofleyac |
| BO JR | Sun 6th | Farleton Knott | 1 mile from M6 J36 | 4.5m / 1500' | bofra.org.uk |
| | Thur 10th | Kings Challenge | The Kings Arms, Silsden | 9.6k / 360m | wharfedaleharriers.co.uk |
| BO JR | Sat 12th | Arncliffe Gala | Arncliffe Village Green | 1.9m / 459' | bofra.org.uk |

Ilkley Harriers Race Programme 2017

| Every Saturday | 9.00 | 5k Time Trial | Leeds, Bradford, Harrogate, Skipton | 5k | Register first-www.parkrun.com | | |
|------------------|-----------|----------------------|-------------------------------------|-----------|--------------------------------|--------------------------|-----|
| Aug cont. | Time | Event | Venue | Terrain | Distance | Contact | E/D |
| L | Sat 19th | Gargrave Show | Gargrave Showfield | Fell / BS | 5.6k / 274m | J Thompson 07850 318137 | Yes |
| JR | Sat 19th | Burnsall 10m | Burnsall Village Green | Road | 10m | burnsallsports.co.uk | Yes |
| JR | Sat 19th | Burnsall Fell | Burnsall Village Green | Fell | 2.4k / 274m | burnsallsports.co.uk | Yes |
| JR | Sat 26th | Malham Show | The Showfield, Malham | Fell | 2.5m / 700' | bofra.org.uk | Yes |
| JR | Sun 27th | Halton Ghyll Sports | Liffordale off B6160 | Fell | 1.5m / 750' | bofra.org.uk | Yes |
| BO JR | Mon 28th | Reeth Show | Reeth, Swaledale | Fell | 2m / 800' | bofra.org.uk | Yes |
| JR | Tues 29th | Kilnsey Show | Showground, Kilnsey | Fell | 1m / 350' | bofra.org.uk | Yes |
| Sept | | | | | | | |
| EC | Sun 3rd | Castle Carr | Hare & H, Old Town, H. Bridge | Fell | AL22.5k / 1150m | cvfr.co.uk | No |
| JR | Sun 3rd | Bradley Fell Race | The Playing Fields, Bradley | Fell | 3.5m / 900' | bofra.org.uk | Yes |
| L | Sun 3rd | Wetherby Run | Racecourse | Road | 10k | wetherbyrunners.co.uk | N/K |
| BO JR | Wed 6th | Muker Show | Muker, Swaledale | Fell | 1.5m / 650' | bofra.org.uk | Yes |
| L JR | Wed 6th | Ilkley Incline | Keighley Road junction | Mixed | 10k | ilkleyharriers.org.uk | Yes |
| | Sat 9th | Lothersdale Show | Farmers Showground | Fell / AS | 2.4k / 122m | wharfedaleharriers.co.uk | Yes |
| | Sun 10th | Yorkshireman | Haworth Primary School. | Fell | 24k & 42k | kcac.co.uk | No |
| BO JR | Sun 10th | Burnsall Fell Races | Burnsall Village | Fell | 1.5m / 800' | bofra.org.uk | Yes |
| | Sat 16th | Ilkley Aquathlon | Ilkley Lido | mixed | various | ilkleyharriers.org.uk | N/K |
| | Sun 17th | Ilkley Triathlon | Ilkley Lido | Road | 400m/14k/5k | lbt.org.uk | No |
| | Sun 17th | Tadcaster 10 | Tadcaster Swimming Pool | Road | 10m | tad10.com | N/K |
| BO JR | Sun 17th | Embassy Fell Race | Main Street Embassy | Fell | 2.75m / 800' | bofra.org.uk | Yes |
| | Sun 17th | Beefy's Nab | Leeming, Oxenhope | Fell / BS | 4.8k / 198m | kcac.co.uk | Yes |
| EC | Sat 23rd | Great Whermeside | Scabbate Gate, Kettlewell | Fell / AS | 6.5k / 475m | wharfedaleharriers.co.uk | Yes |
| ▲ | Sun 24th | Stainland Trail Race | Stainland Recreation Ground | Trail | 10k | Stainland Harriers | No |

Enter Early L - Harriers League M - Mob Match EC/BC - Fell Champs. YV - Yorks Vets Champs. ▲ - Enter Online

EX - Not your normal Events JR - Junior Races (times may differ) BO - BOFRA Championship Races FR - Fun Run (times may differ)

Training Sessions

Monday

- Senior club circuit training has taken a break for the summer but will start again in September at IGS gym at 7pm. £2 per session (£1 For U18s)

Tuesday

- 7:00 pm Club night at ILTC; hence changing and shower facilities available. Non-members welcome to join in as a try out. Training preceded by race results and future events. Experienced runners lead a range of groups doing runs at various paces on the roads and, in lighter months, on paths and moors.

Wednesday

- 6:30pm Speed sessions at the Old Bridge, Ilkley with Peter Shields.

Thursday

- 7:00 pm speed and stamina training on Ilkley Moor (meet at top of Wells Road) with Neil Chapman
- 7:45 Old Bridge: Road speed session with Jane Bryant

Saturday

- 7:45am, Old Bridge: Early Birds Hard run with Neil (c.75 minutes)
- 9:30am, Old Bridge: Steady run,
- off road on paths and tracks (60-90 minutes)



Kate Archer on Mastiles Lane on her way to 3rd place in the Wharfedale Half Marathon



ILKLEY HARRIERS

www.ilkleharriers.co.uk
www.junior.ilkleharriers.org.uk