Our most recent road race winners
Daniel at Elloughton - Louise at Burnsall - Bronwen at York - Sue at Tholthorpe

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From the Editor

Welcome to the September edition, and thank you to Jenna Wheatman, Edward Whittle, Julie Clayton, Chloe Riley and Heather Riley for their contributions.

Things just seem to be getting better than ever for club members this year. After the successes by the juniors and the seniors at cross country, track and field plus fell racing, 4 club members have all won road races in the past month. In just over a month’s time, we will be embarking on a new cross country season, and several club members will be participating in autumn marathons in the UK and abroad. So let us hope that the remaining months of 2011, will be equally if not more successful for the individuals concerned, and the club as a whole.
Helpers Required for our Home Fixtures

One again this year our club will stage 3 fixtures as follows;
23 Oct.  NYSD Cross Country at Olivers Mount. Races from 12.30 to 15.15 approximately
30 Oct.  Yorkshire Coast 10 K and a fun run on the Scarborough seafront. From 10.00 to 12.00 approximately
11 Dec.  East Yorkshire Cross Country League. Langdale End from 11.00 to 12.15 approximately

For the Yorkshire Coast 10K, please let Chris Clayton know if you can help in a variety of roles for a race which will have over 1,000 runners. For the XC races, Mick Thompsom needs to know who can help with mainly marshalling.

Committee Meeting Minutes
Held at Filey Road Sports Centre on 8 August

Present: Chris Wade, Sharon Houghton, Harry Forkin, Sean Tymon, Chris Clayton, Julie Clayton, Simon Valente and Tony Tomaszewicz

Apologies for absence: Ralph Broadley, Jo Monty

In attendance: John Watson

Correspondence: The possibility of the club hosting the North of England road relay championships at Olivers Mount had been raised. This would involve road closure and traffic management measures, plus a considerable amount of administrative work. The feeling of the committee was that the effort involved would be beyond the club's current resources.

There had been an approach from Hackney Running Club regarding the possibility of a reciprocal arrangement of their members being involved in SAC's 10k race. It was not felt that the idea had much to offer which would favour our members.

John Trelfa has submitted correspondence on the following subjects:
- request to extend club records to include age group road performances
- request regarding creating a club archive. Some committee members are willing to take this issue forward.
- prevention of splitting of the main group on club evening training runs. It was felt that this may not be a problem now, and that some may always desire a shorter (or longer) route partway through the run.

Social events: A barbecue is planned for August 18th. The Spa and Beiderbecke's have been suggested for the Christmas social event. A social event at the end of summer was felt to be a good idea.

Finance Report: A payment of £7.3k is expected from McCains shortly (to be paid into the track account). The club has fewer members than last year therefore income is reduced. Outgoings are also greater.

The club's accounts stand as follows:
Current account - £1837.82
High Interest account - £1021.09
No Notice account - £2533.79
Race account - £4131.23
Running Track account - £7184.24
Kit in Stock - £1575.30
Overall total: £18283.47

Junior Section Issues: Numbers attending are down, as with the senior section. The suggestion of promoting the club within the press reports was made, and of arranging a pre-10k training scheme through the local press. A sub group will be set up, along with non-committee members, to look at the question of improving membership numbers.

Coaching Fees/Coach Development: Approximately ten members took part in a recent coaching assistant course.
Robbie Pickering is now qualified, and putting in coaching hours at Pickering.
Vicky Lockey wishes to take a coaching qualification in October and has requested funding for this. This was agreed, considering her current commitment to helping at junior training sessions.
John Trelfa wishes to undertake a coaching course, costing approximately £90. This was agreed.

The Paragon cycling club has expressed an interest in joining the core training sessions. It is intended to liaise with Jenna Wheatman about reinstating these sessions.
**Travel Fees:** It was agreed to pay travel expenses to members going on club business, up to 30 pence per mile. Mick Thompson has requested travel costs to be paid for attending a course on writing press reports. This was agreed.

**10K Race and Fun Run:** This will be held on October 30th, 2011. Road closure is being arranged in conjunction with North Yorkshire County Council. The Spa has been booked. McCain have agreed to sponsor with the sum of £7k (as last year) plus £10 per McCain employee entry. Small scale sponsors will not be involved. Application forms and online entries will be available shortly. The 10k entry fee will be held at £11.50 (£13.50 for unregistered runners). The prize system will be simplified this year. A technical T-shirt will be given out in place of goody bags.

**Any Other Business:**
- A minibus permit has been applied for
- Progress with development of the club website will be investigated
- John Watson praised the committee for progress made with various aspects of club activities.

**Next Committee Meeting:** The next committee meeting will be held on September 12, 2011 at Scarborough Sports Centre.

### Fixtures

<table>
<thead>
<tr>
<th>Road</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td></td>
<td>18 Sep</td>
<td>Great North Run. Half marathon</td>
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</table>

#### Fell

<table>
<thead>
<tr>
<th>Date</th>
<th>Senior Venue (Distance/climb as senior race only)</th>
<th>Junior</th>
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<tbody>
<tr>
<td>10 Sep</td>
<td>Castleton Show (Hilly Road) 6m/600</td>
<td>U18</td>
</tr>
<tr>
<td>18 Sep</td>
<td></td>
<td>Junior Fell International</td>
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<tr>
<td>25 Sep</td>
<td>Viking Chase 8m/1500</td>
<td>English J. U8-U18</td>
</tr>
<tr>
<td>16 Oct</td>
<td>Saltergates Gallows 9.5/1900</td>
<td>No</td>
</tr>
<tr>
<td>30 Oct</td>
<td>Three Tops 8m/2000</td>
<td>No</td>
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<tr>
<td>20 Nov</td>
<td>Clay Bank West 5.5/900</td>
<td>No</td>
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<tr>
<td>4 Dec</td>
<td>Eskdale Eureka 8m/1200</td>
<td>No</td>
</tr>
<tr>
<td>27 Dec</td>
<td>Guisborough Woods 6m/1000</td>
<td>U14-18</td>
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#### Track

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>10 Sep</td>
<td>Open Meeting at York. All</td>
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</table>

#### Cross Country

**NB 1.** All on Sundays other than Yorks, Northern and National Champs on Saturdays.  
**NB 2.** Only first claim permitted in the EYXC which has 5 of the 6 races to count. NYSD remains at 5 to count, but this will be discussed at the AGM in October.

<table>
<thead>
<tr>
<th>Date</th>
<th>EYXC</th>
<th>Yorks County</th>
<th>23 Oct NYSD</th>
<th>5 Nov NYSD</th>
<th>13 Nov EYXC</th>
<th>13 Nov NYSD</th>
<th>4 Dec NYSD</th>
<th>7 Jan NYSD</th>
<th>8 Jan Humber County</th>
<th>28 Jan Northern</th>
<th>11 Dec EYXC</th>
<th>15 Jan EYXC</th>
<th>15 Jan NYSD</th>
<th>5 Feb NYSD</th>
<th>12 Feb EYXC</th>
<th>25 Feb National</th>
<th>4 Mar EYXC</th>
<th>10 Mar Inter Counties</th>
<th>25 Sep Sutton Park 10K</th>
<th>23 Oct Pickering Moors</th>
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<tbody>
<tr>
<td>9 Oct</td>
<td>EYXC</td>
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<td>Sutton on the Forest York. Parkland and farm roads</td>
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<tr>
<td>9 Oct</td>
<td>NYSD</td>
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<td>NB. Clashes with our Home NYSD but is in the morning – NYSD at 1 p.m onwards</td>
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</table>
Borrowdale Fell
By Julie Clayton. One of the club’s fell long distance fell runners

Borrowdale is one of the Lakeland classic fell races taking in 9 peaks including Bessyboot, Scarfell Pike, Great Gable and Dalehead. It is 17m with 6500ft climb and is gruelling. It is a mental challenge as well as a physical challenge and not one to be taken lightly.

After my cow debacle last week I am now nursing possibly 2 broken ribs, a very sore foot and a hole in the end of my thumb I am surviving on a diet of Volterol pain killers to get me through the day. This completely wrecks my stomach so my preparation for the big race was not good!

Jane was celebrating her birthday and wanted a bit of challenge and a nice day out! She had asked me a few times to do it but I had said no, but somewhere along the line I changed my mind. When the day arrived I was breathing a sigh of relief that Chris had got the dreaded man-flu and was not up to a mad race round the course. He opted to stay with us which helped my state of mind because the weather forecast was not good and I have been lost before on Green Gable.

In true Lake District fashion it was lashing it down before we started so coats on for a start. We set off and passed Billy Bland a famous fell runner from the past who had come out to cheer us all on and then the climbs began. Bessyboot goes on and on and is huge. You think you have scrambled to the top on your hands and knees only to find you are only halfway there. Lovely bogs came next which Jane was horrified to see after falling in one on the Saunders MM and nearly sinking to her chest! The ground was very slippy and we had some great falls sliding some way down the mountains on our bottoms. I love mud and dirty legs! The mist was down on Great Gable once again to challenge our navigation skills but at this point my body and mind were being tested as I was struggling up Great Gable with a lovely stomach ache. It took 40 mins to swallow a gel! Green Gable again thwarted our navigating skills and we took a slightly wrong line but got the most fantastic view of the sun over Ennerdale.

We had a great descent off Grey Knotts to Honister where we made the cut-off by 8 mins. I was beginning to wish I hadn’t though when I started the arduous climb up Dale Head. My legs at this point decided they didn’t want to be part of my body and so were trying to disown me. At the top I was back to top form and had a great descent all the way down to Rosthwaite and the finish. Jane in her usual fashion seemed to smell home and somehow managed to find a sprint finish while Chris was willing me along suggesting that I may get overtaken by a local runner. At that point I didn’t care. Jane and I finished hand in hand and hugged each other to celebrate finishing another great race. We might not finish anywhere close to the middle of the field and were nearly last but not quite. We made it through the cut-off unlike many other competitors and I know that there are only a handful of runners in the club that would attempt a race as difficult as this one and they are all a group of hardened male fell runners.

Scarborough Sports Therapy Web Site
Jenna Wheatman Bsc. MSST. Club Coach

Anterior Cruciate Ligament Injury
The Anterior Cruciate Ligament (ACL) in found deep in the knee joint, it helps to give stability stopping the tibia from sliding forward. (picture taken from nlm.nih.gov)

Injuries can range from a mild sprain to a tear this newsletter will concentrate on a tear. A rupture can happen when decelerating quickly followed by a sharp or sudden change in direction. It has been linked to a heavy stiff legged landing and those who land flat on their heels, this technique sends the shock straight up the tibia and places great force onto the ACL. This is why when teaching landing from jumps you land on your forefoot and bend the knees to absorb the shock. Symptoms of an ACL include hearing a pop sound followed by swelling and instability of the knee (feels wobbly) which may cause the knee to give way when weight is put on it. If you suspect
this injury you should stop immediately because of the anatomy of the ACL damage to this ligament can also involve other structures (meniscus, medial collateral ligament) and continued activity could lead to osteoarthritis in the future.

If you are unsure about your injury use RICE regime and see a specialist who will be able to perform some simple manual tests to see if you have ruptured the ligament. If you have you will be referred to a consultant who will determine whether you will require surgery or not. If you are involved in sport then surgery is usually performed. Either way a period of 6-9 months rehabilitation will be required. This injury does not mean the end of your sport many athletes recover with great success the key is to strengthen the muscles and correct any technical faults with your running and jumping.

If you require surgery then you will be put on a pre-rehabilitation program to strengthen the knee as much as possible before surgery this improves the outcome after surgery and can also shorten your recovery time. The surgery itself is usually undertaken arthroscopically (very little scarring) and will involve a graft from either the patella tendon (below your knee cap) or hamstring. Some see the patella graft as stronger but many develop anterior knee pain, the hamstring graft offers less pain post surgery but will take slightly longer to heal. I have seen great outcomes with both and it will be the decision of the surgeon to which one you may get. After surgery you will have stiffness and the muscles will have wasted a little, from day 1 you will be expected to start your rehabilitation learning to use your crutches. The first 3 months will be to regain range of motion, restore a normal walking gait and build strength, having access to an exercise bike is very handy and ice will be your new best friend. Months 3-6 will start to involve more functional exercises and running maybe started in month 4. At 6 months you may start back in restricted training for your sport and hopefully by month 9-12 you will be back in full participation. The lengthy rehabilitation can be frustrating but just remember you can use this time to really improve your fitness meaning you could go back into your sport better conditioned than before the injury. As with any injury risks prevention should be taken seriously. When participating in sport you should have a training routine which involves conditioning. This conditioning is to help you improve performance but also prevent common injuries related to your sport. To prevent ACL injuries you need to include plyometrics with good technique and balance drills. This will help to improve reaction times. Strengthening the muscles that work around the knee is essential this will include the muscles Quadriceps and Hamstrings. Squats, step ups, lunges (muti directional) are good examples. Research is showing that females are more at risk of an ACL injury when involved in sports like football, rugby, basketball, high jump and martial arts to name but a few. Many professional teams are now implementing acl prevention programs to help combat this risk.

Quote of the Month

"Life is often compared to a marathon, but I think it is more like being a sprinter; long stretches of hard work punctuated by brief moments in which we are given the opportunity to perform at our best."

Michael Johnson. 4 Olympic and 8, (yes 8), World Championship Gold Medals.

Joke of the Month

A javelin thrower called Vicky
Found the grip of her javelin sticky.
When it came to the throw
She couldn't let go
Making judging the distance quite tricky

Triathlon Training

Edward Whittle

Triathlon notes for September

Perhaps inevitably, the post race low has hit me this month and I am left questioning the meaning of life, the universe and all that. I went through a similar trough after comrades last year, when I decided to embark on triathlon as a challenge to spur me on. However, having now done an ironman, to go longer is a bit extreme (double, triple, deca-ironman all exist but tend to be a very marginal part of the sport). I also had to promise not to do another ironman again, at least for a while, by my fiancé. I think that the obvious thing to have done is entered another ironman in about six to ten months time, but this isn't an option now. I didn't promise not to do an ultra marathon, which I seem to recall needed less time to train (though that time is much harder work and more intensely painful) and so feel I could use that as my next challenge. However, having written out my training programme and entered a fifty mile qualifier for my target race, either the west highland way or the western states 100 (should I get a place in the ballot), I found motivating myself to control my diet and do the requisite training has not come as easily as pre-ironman.
I think this could be down partially to my physical condition, which had not fully recovered from the training for the ironman and the race itself. I raced a 10 K perhaps two weeks too soon, and it left me exhausted for over a week afterwards. I had also only been running about 15-20 miles per week, so running 40 miles all of a sudden, with sessions every day, was something my legs had forgotten how to do. It felt like i was going back about two years in my training, with the first thirty minutes of every run a real battle against pains and stiffness. I am now in week three of my programme and already rewriting it. Having had a week’s holiday, i completed only three runs and missed my first long run since the run segment of ironman.

With the time to think that a holiday brings, especially one which doesn’t involve travelling to a race and then recovering from it, which nearly all my holidays from the last three years have done, i have found myself questioning what I really want from my training. Is it just to keep my waistline down; distress; meet people; impress people? On reflection, probably all of this. Also the buzz of completing a race you have been nervous about for a while - the relief of not having to worry about it, that is addictive for me.

I feel that running (and latterly swimming and biking) has helped me to have a more complete life since i took it up in earnest three years ago, giving me the energy to get up from lifes inevitable knock backs and the confidence That achieving goals, that at one time were unattainable, brings. I guess this is what i am most concerned about, that if I don’t continue an upward trajectory in my training and race times, i will fall back into bad habits. However, if I follow this too far I risk alienating myself from friends and family, having constantly to justify why i am training and to what end.

There is also the loss of form that winding down would mean. The 100 mile bike rides, with the last hour gurning and gritting teeth have given me a good aerobic fitness. Is it not my duty to myself to fully utilise that effort and complete further races? as I write I have resolved to carry on my training for the ultra, but if I continue to struggle with motivation, scale back to perhaps just a run every other day and see what happens. Like a lot of problems you encounter in training, often the only way of really finding out the answer is to try out the solution for a while and review from there.

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**Mini Biographies**

**Chloe and Heather Riley**

Both of the sisters have made a significant contribution to the club’s success in the Young Athletes League. Ed.

<table>
<thead>
<tr>
<th>Years as a runner:</th>
<th>Chloe</th>
<th>Heather</th>
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<tbody>
<tr>
<td></td>
<td>2 to 3 years</td>
<td>2 to 3 years</td>
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**Best Performances:**

<table>
<thead>
<tr>
<th></th>
<th>Chloe</th>
<th>Heather</th>
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<tbody>
<tr>
<td>Shot</td>
<td>5.99 m</td>
<td>23.72</td>
</tr>
<tr>
<td>70 m Hurdles</td>
<td>13.7</td>
<td>Discus: 16.29</td>
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<tr>
<td>150 m</td>
<td>24.2</td>
<td>Shot: 5.38</td>
</tr>
<tr>
<td>200 m</td>
<td>31.2</td>
<td>300 metres: 68.5</td>
</tr>
<tr>
<td>Long Jump</td>
<td>3.46</td>
<td></td>
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</tbody>
</table>

**Favourite Races or Events:** 200 m, Long Jump and Sprint Hurdles

Favourite Female Athlete: Jessica Ennis

Favourite Male Athlete: Usain Bolt

**Targets for 2011 and onwards:** To improve my style to get faster

Get faster and win a running event

**Ambitions:** Is to be a Pole Vaulter, maybe be in the Olympics someday

Hammer throw over 30 metres one day

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**Latest 2011 Road Rankings**

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<tr>
<th>5 K</th>
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<tbody>
<tr>
<td>J. Robertson</td>
<td>U17 York</td>
<td>15.55</td>
<td>B. Owen</td>
</tr>
<tr>
<td>J. Trelfa</td>
<td>M45 York</td>
<td>17.30</td>
<td></td>
</tr>
<tr>
<td>N. Scruton</td>
<td>M60 York</td>
<td>19.44</td>
<td></td>
</tr>
<tr>
<td>D. Mills</td>
<td>U17 York</td>
<td>20.02</td>
<td></td>
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<tr>
<td>C. Clapton</td>
<td>M40 York</td>
<td>23.35</td>
<td></td>
</tr>
<tr>
<td>M. Thompson</td>
<td>M70 York</td>
<td>27.18</td>
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</tbody>
</table>
10 K
D. Agustus Sen Elloughton 32.09 K. Rawsley F35 Walkington 39.06
J. Treffla M45 Elloughton 35.28 S. Haslam F55 Tholthorpe 41.24
E. Whittle Sen Harrogate 37.37 M. Padgham F45 Beverley 50.42
D. Baldwin M45 Elloughton 38.31 D. Herrington Sen Melmerby 50.57
P. Johnson M60 Rothwell 38.55 J. Graves F45 K. Moorside 52.06
P. O’Callaghan M45 Walkington 39.20 L. Bayes F60 Humber b 52.44
C. Allen M40 Manchester (Jul) 39.36 A. Jordan F40 Hull 53.13
P. Morley Sen K. Moorside 39.45 S. Kingscott F45 Walkington 53.49
T. Kraft M55 K. Moorside 39.52 L. Milne F40 Beverley 54.59
N. Scruton M60 Elloughton 40.16 H. Bird Sen Jane T York 55.38
D. Maw U17 Beverley 41.30 C. Spence Sen Hannover 57.23
M. Webster M45 Hull 42.00 C. Spence F50 Hannover 57.43
S. Tymon M40 Hull 42.23 S. Cowen F40 Hull 58.28
J. Drury Sen Jane T. York 43.18 S. Houghton F55 Beverley 59.23
T. Gillon M50 Coniston 43.43 O. Bannister F55 Walkington 60.56
C. Clayton M45 Walkington 44.40 S. Wilkie F45 Jane T York 62.28
S. Bannister M60 Walkington 44.44 L. Kraft F50 K. Moorside 64.21
D. Tomlinson M40 Walkington 45.50 J. Richards F45 Jane T. York 64.53
C. Patrick M50 Beverley 47.52 A. Reading F60 Humber B 68.32
M. Lambert M50 Beverley 48.01 L. Jones F55 Humber B 72.11
M. Willis M60 K. Moorside 48.05
P. Garry M60 Harrogate 51.20
I. Anderson M40 Beverley 51.26
P. Barnard M45 Walkington 51.46
H. Forkin M60 Beverley 51.36
P. Barnard M45 Beverley 52.23
D. Reading M70 Humber B 56.08
M. Thompson M70 Elloughton 58.25

10 Mile
J. Treffla M45 Thirsk 60.07 L. Brown Sen Snake Lane 59.59
P. Johnson M60 Thirsk 62.26 S. Haslam F55 Thirsk 66.05
P. O’Callaghan M45 Thirsk 62.45 K. Rawsley F35 Burnsall 71.18
C. Allen M40 Thirsk 65.14 M. Padgham F45 Ferraby 82.11
D. Shipley M55 Ferraby 66.06 L. Gillon Sen Thirsk 85.12
N. Scruton M60 Snake Lane 67.06 S. Kingscott F45 Thirsk 86.11
P. O’Callaghan M40 Burnsall 71.13 S. Houghton F55 Ferraby 93.49
M. Sweetlove M60 Thirsk 71.27 J. Clayton F45 Burnsall 95.00 Est
T. Rawling M45 Thirsk 72.56 J. Richards F45 Snake Lane 95.02
T. Gillon M55 Thirsk 75.16
M. Lambert M50 Thirsk 78.20
C. Clayton M45 Burnsall 81.44
S. Spence M45 Ferraby 82.54
M. Ellwood M55 Ferraby 83.10
P. Garry M60 Thirsk 83.20
H. Forkin M60 Ferraby 84.54

Half Marathon
J. Bateman Sen Liverpool 74.43 R. Haslam Sen Brass Monkey 90.38
B. Mukherjee Sen Brass Monkey 75.32 K. Rawsley F35 Leeds 91.27
P. O’Callaghan M40 Brass Monkey 84.34 S. Haslam F55 Brass Monkey 91.58
R. Maw M40 Brass Monkey 85.01 J. Hamp F50 B. Wilton Show 104.08
P. Johnson M60 Sheffield 86.59 M. Padgham F45 Hastings 108.39
S. Tymon M45 Brass Monkey 95.05 S. Louth F40 B. Wilton Show 109.49
M. Sweetlove M55 Brass Monkey 98.54 S. Kingscott F40 Brass Monkey 110.17
M. Webster M45 Humber bridge 101.38 A. Jordan F40 Humber Bridge 139.10
T. Rawling M45 Brass Monkey 101.57 L. Gillon Sen Prague 123.24
D. Hearn M60 Brass Monkey 102.18 A. Reading F65 Brass Monkey 163.10
T. Gillon M55 Brass Monkey 109.17 L. Jones F50 Edinburgh 169.18
I. Anderson M40 Brass Monkey 110.12
M. Lambert M50 B. Wilton Show 116.03
M. Ellwood M55 Liversedge 118.04
D. Reading M70 Brass Monkey 126.43
20 Mile
N. Scruton M60 Hull 2.27.26
M. Sweetlove M55 Hull 2.38.57
I. Anderson M40 Hull 2.56.22
S. Spence M45 Hull 3.20.59
H. Forkin M60 Hull 3.22.18
D. Reading M70 Hull 3.42.33

Marathon
B Mukherjee Sen London 2.44.51 S.Haslam F55 Edinburgh 3.17.12
J.Trelfa M45 London 2.47.08 R.Haslam Sen Edinburgh 3.26.22
E.Whittle Sen London 3.01.30 M.Padgham F45 Krakow 4.07.58
N. Scruton M60 Edinburgh 3.16.20
M. Sweetlove M60 Krakow 3.38.33
S.Tymon M45 London 3.47.29
M. Lansell M45 Edinburgh 3.53.53
T. Rawling M45 London 4.01.44
A.Wright M40 London 4.06.21
I.Anderson M40 London 4.35.37
H.Forkin M60 Krakow 4.38.38
S. Spence M45 Hannover 5.04.32
M.Thompson M70 London 5.13.04
D. Reading M70 London 5.17.37

Other non standard distances
2.5 K
E. Clapton U13 York 10.11

One third marathon
P.O’Callaghan M45 Hornsea 61.01 S. Louth F40 Hornsea 67.21
D. Maffey Sen Hornsea 74.31

Press Reports

Summer Handicap Race 5 at Bickley Gate

33 members of Scarborough Athletic Club competed in the 5th race of the Summer Handicap series which was held at Bickley Gate in the grounds of Dalby Forest. The course consisted of 4.35 miles of trail, of which about half was up and down hills.

The first to finish on handicap was the club’s Press Officer, Mick Thompson who improved after finishing well down the field in the previous race. Mick was followed home by a very fast finishing James Kraft who defied a 22 minute handicap and being the last to start. James also greatly improved his handicap score which he achieved at the previous race. Vickie Lockey who finished in 3rd also made a big improvement to her overall score.

After 5 races in the series, and with the best 4 scoring races to count towards the overall series winner, the leading points scorer is James Dury who has a clear lead, and heads Ted Kraft and Chris Wade who are in joint second place.

The fastest man in this race for the third consecutive race was James Kraft and with only 3 out of a possible 4 scoring races, he is now the second highest points scorer and just one point behind his father Ted Kraft who was 3rd but has retained the overall lead. A previous series fastest man, Richard Maw finished in 2nd for this race and is now 3rd overall.

The Kraft family members of Ted, James and Liz are also the leading team in the series so far.

Katy Rawnsley who had already secured the overall fastest trophy after 4 wins, duly made it 5 out 5. Charlotte Edge who was the runner up for the 3rd time, and after only 3 scoring races is now 3rd overall. Sue Haslam was third fastest in the race and is closing on Hester Butterworth who did not compete at this race, but has retained 2nd place overall.
Borrowdale fell race

3 of Scarborough Athletic Club’s fell runners who specialise in endurance events, took on the challenge of the Borrowdale fell race. This is one of the Lakeland classic fell races which takes in 9 peaks including Bessyboot, Scarfell Pike, Great Gable and Dalehead. It is over a gruelling and mentally challenging course of 17 miles with 6,500ft climb and strict cut off times.

The trio of Chris Clayton, Jane Hamp and Julie Clayton opted to stay together for the race, mainly to support Julie who was nursing injuries including fractured ribs which she sustained after being attacked by a cow during an off road race 8 days earlier. Heavy rain at the start, some very muddy sections, and a heavy mist on Green Gable which challenged necessary navigations skills, made just completing the race inside the time limits even more of a challenge this year, and 23 of the starters were forced to retire.

All three Scarborough runners were pleased to complete the course inside the time limit in 5 hours 38 minutes’

North of England Under 15 and Under 17 Track and Field Championships

Two of Scarborough Athletic Club’s top junior track athletes competed in the North of England Under 15 and Under 17 Track and Field Championships which was held at Cudworth near Barnsley on 6 and 7th August.

16 year old Jack Robertson qualified for the Under 17 Men’s 800 metre final after finishing as the runner up in his qualifying heat in 2.0.60. In the final he came close to a championship medal when finishing 4th in a faster time of 1.59.20. This was Jack’s best performance at this major championship, and whilst he was unable to improve his recent personal best time for the distance, he remains the third ranked Under 17 Yorkshire athlete.

14 year old Leah Millard made a very good debut at the championships, when competing in both the Under 15 Girls 100 and 200 metres. The club’s top junior sprinter was unfortunate not to achieve her target of a final place after being eliminated in the 100 metres in which she was placed 4th in the qualifying race with a time of 13.56. In her favourite distance of 200 metres in which she is ranked at number 7 in the Yorkshire list, she had to settle for 5th place in 27.75.

Elloughton 10 kilometre road race

6 members of Scarborough Athletic Club competed in the Jim Dingwall Elloughton 10 kilometre road race. The race was over a fast 2 lap course on quiet road around the village of Elloughton near Hull, commemorates the achievements of the legendary marathon runner who died in 2005.

Daniel Agustus who was the runner up at the Yorkshire Coast 10 kilometre race last October at Scarborough, achieved a unique 3rd win in this race when he crossed the line in 32 minutes and 9 seconds, and some 32 seconds ahead of top local runners Steve Bateson of East Hull Harriers and Phil Taylor of Bridlington Road Runners.

The next two Scarborough finishers were John Trelfa and Dave Baldwin were the 7th and 21st overall. Their respective times of 35.28 and 38.31 earned them awards for finishing as the first two over 45 runners and also the runner up men’s team.

Neil Scruton collected another Over 60 winner’s prize when finishing in 40.17 and the 32nd overall of 392 finishers.

Sue Haslam maintained her dominance of the women’s Over 55 division when finishing 8th overall and the first in the age group in 42.20. Sue remains the number one ranked Yorkshire Over 55 athlete and the 5th best in the United Kingdom after her age group victory at Harrogate last month.

Mick Thompson improved his time for the distance this year, but had to settle for 4th in the Over 70 group with 58.25 after losing ground on the second lap.

Yorkshire Fell Race Championships

5 of Scarborough young fell runners were in action at the annual Hellifield Gala races, which included the Yorkshire Fell Championships. At midday, thunder claps roared and bolts of lightning lit up the sky before the heavens opened and torrential rain hit the Gala field and surrounding area, but in true Yorkshire style it was shrugged off and the show went on! By the time the Gala parade entered the field an hour later it had all eased and the appearance of ITV’s Coronation Street star, Michelle Keegan, who plays Tina McIntyre really lifted
everyone's spirits. Besides signing autographs, shaking hands and posing for photographs, Michelle took time out to start all the fell races, much to the delight of the competitors.

**Bronwen Owen** who recently retained the English Girl's Under 14 Championship title, was also defending her Yorkshire title over a 2 mile course with 600 feet of climb. Whilst the race conditions were unfavourable, Bronwen was the not only the winner and 47 seconds ahead of the runner up girl, but also set a new course record time of 10 minutes 27 seconds. Only a fast finishing Lewis Byram of Holmfirth Harriers prevented a remarkable overall victory. In the same race, **Leah Ogden** also ran well to finish as 7th girl.

Just 20 minutes after finishing the Under 14 Championship race, Bronwen Owen was allowed to compete in the Under 18 race, in which she achieved a second course record for the championships, when completing the 3 mile course with 800 feet of climb in 27 minutes 56 seconds. Only senior athlete Kate Walshaw of Holmfirth Harriers who was the first woman in the race, denied Bronwen an overall women's race victory, when finishing just 23 seconds ahead of her at the finish. The Sarah Rowell trophy for the Under 18 championship was awarded to Scarborough's English Junior Fell International runner **Charlotte Edge** who finished as the runner up in the Under 18 race.

In the Under 12 Championship race, **Emma Clapton** who has been having an excellent debut season at fell racing, finished in 5th place in her first Yorkshire Championships.

Emma's bother **Sam Clapton** competed in the Under 10 race, which was a non championship event, and ran very well to finish a close up 5th overall in the race.

Emma and Sam also competed in two novelty races, and won 3rd place certificates for a three legged race and a wheelbarrow race.

**Beverley Triathlon**

**Kevin Moment** of Scarborough Athletic Club competed very successfully at the 3rd staging of the Beverley Triathlon, when finishing 8th overall of the 259 finishers.

The event consisted of a 400 metre swim in the Beverley Leisure Centre Pool, followed by a 20 kilometre cycle stage on country road and then an out and back 5 kilometre road race section. Kevin was just outside the magic hour with an overall time of 60 minutes and 51 seconds.

**Guisborough Grunt Fell Race**

Just 3 members of Scarborough Athletic Club took part in the 9th race of the Northern Runner Summer Handicap series of races, which was held at Guisborough North Yorkshire on a fine summers evening. The race which consists of a very testing 8 mile course over the Guisborough Moors, has 1,200 feet of climb, and which gave rise to the race title of the ‘Guisborough Grunt’ race!

The first of the Scarborough trio to compete the race was **Sue Haslam** who was the 3rd woman finisher overall, and once again the first in the Over 55 age group, and with 2 races left of the 11 race series, is now assured of retaining her age group title. Sue has also replaced Scarborough's Katy Rawnsley who was unable to compete, as the runner up in the overall women's championship.

Sue was followed by her daughter **Rhona Haslam** who had a good race but had to settle for 5th woman overall behind her in form mother. Rhona is now 5th overall in the open championship.

**Paul Garitty** was competing for only the 3rd time in the series, and his 4th place finish in the Over 60 division, has resulted in him moving up to 8th overall in his age group, and with two races left in the series, he is likely to improve even further.

**Millennium Bridge Races. British all time record by Bronwen Owen**

9 members of Scarborough Athletic Club competed in the annual Millenium Bridge races at York.

The main race of the evening meeting was over 5 kilometres, and entry was restricted to those athletes who were expected run under 24 minutes. The race produced the second Scarborough winner of the evening, when 14 year old **Bronwen Owen** finished ahead of all the women runners in a time of 16 minutes and 55 seconds. This time was the fastest ever recorded by a British Year 9 girl, and only a second slower than the all time fastest Year 10 girl. In the current United Kingdom rankings for the distance, Bronwen is not only now the number one ranked Under 15 athlete, but has run 11 seconds faster than the top ranked Under 20 woman!
In 4th place overall in the race was Jack Robertson who achieved a personal best time of 15 minutes and 55 seconds, which was the second fastest by a Yorkshire County Under 17 athlete this year. Jack was headed only by 3 top class senior runners which included Darran Bilton who has won the race several times in the past.

John Trelfa who is training hard for the forthcoming Wolverhampton Marathon which he won in 2009, took the opportunity for a fast paced run and finished up in 25th overall in 17 minutes and 30 seconds.

Darren Mills competed at the distance on the road for the first time, and ran well to finish up in 87th of the 210 finishers.

Carl Clapton who was attending the races mainly to support his two children in the earlier races, was pleased to finish under the 24 minute limit for the ‘A’ race and had 25 seconds to spare with a 23 minutes and 35 second clocking.

The races commenced with a 1 kilometre race which was won by Scarborough’s youngest competitor, 10 year old Sam Clapton who finished 11 seconds ahead of the runner up in 4 minutes and 4 seconds.

In the second race which was over 2.5 kilometres, Sam’s older sister Emma Clapton who was competing as an Under 13 in a race which included Under 15 Girls, almost repeated her brother’s victory when finishing as the 2nd girl in a fast time of 10 minutes 11 seconds.

In the second of the 5 kilometre races, those athletes expecting to finish in a time of over 24 minutes were joined by those over 60 regardless of ability, and this was emphasised when 64 year old Neil Scruton achieved a runaway win and his time of 19 minutes 44 was faster than 145 runners in the ‘A’ race! Mick Thompson ran 5 minutes faster than his previous 5 kilometre race in York, when he joined Harry Gration in the men only cancer charity event. Running in a more competitive mood, he finished in 27 minutes and 18 seconds and was the second fastest in the Over 70 group.

Northern Track and Field League Division 3, final match. Scarborough became the League Champions.

After just one season in Division 3 since promotion from Division 4 of the Northern League last season, Scarborough Athletic Club achieved a second consecutive promotion when ending their campaign as League Champions, and will be competing once again in Division 2 next season after a 4 year absence.

Scarborough fielded a strong team of 11 men and 8 women for the 4th and final league fixture in the North of England League Division 3 at Hintington Stadium York which is their home track. The team achieved a total of 22 wins, of which 13 were ‘A’ events, but after a very competitive match with Sk yrac who were making a late bid for promotion. Skyrac fielded their strongest team of the season and won the match by a very narrow margin, when they scored 439 points to Scarborough’s 435 to gain promotion as the runners up in the league behind Scarborough.

The overall top scorer for Scarborough at the meeting was Amy Bridgeman who was competing for the first time this season. Amy achieved 4 wins and 2 third places in ‘B’ events, and then ended a most prolific seasonal debut as a member of the winning 100 metre relay team. The winning performances came in the 100 metres, 400 metres, 100 and 400 metres Hurdles, whilst the third places were achieved in the 1500 metres and the Long Jump.

The joint second highest scorer was Rachel Gyte who took on 5 events, 4 of which were ‘A’ graded. Her best performances at the meeting were achieved in the Triple Jump which she won, and the runner up spot in the Long Jump, and both these were personal best performances. On the track Rachel was 2nd in 100 metres Hurdles and 3rd in the 400 metres Hurdles. She was also the runner up in the ‘B’ High Jump.

Lisa Ponter completed a very successful season after a year out through injury last year, as the joint second highest scorer. This season she has competed in all of the league matches and has been the most successful in the 100/200 sprints, and has also gathered some valuable points in field events. At this final league match when competing mostly in ‘A’ events, Lisa won the 200 metres, and was 3rd in the 100 metres. She went on to win the ‘B’ Hammer event and was the runner up in the ‘A’ High Jump and 4th in the ‘A’ Discus in which she achieved a personal best throw. She ended another top scoring meeting when running in both the winning 100 and 400 metres relays.

The men’s top scorer was Rob Russell who once again proved unbeatable in the league at the Hammer, Discus and Shot.

Oscar Guallar was the 2nd highest men’s scorer which he achieved mainly by competing in two of the most testing endurance events. He was the winner of the ‘B’ 5,000 metres in a personal best time, not long after achieving two more personal bests when finishing 3rd in the ‘A’ 3,000 metres Chase and a 5th in the 400 metres. He increased
his points tally with a 4th in the ‘A’ 400 metres Hurdles and also ran a leg of the 400 metres relay. Oscar has made a significant contribution towards the team’s success during his year long stay in the Borough.

The third highest men’s scorer was Robbie Pickering who once again was very successful when backing up Rob Russell in field events when winning the ‘B’ Discus and Shot at which he also achieved a personal best throw. Another personal best throw was achieved in the ‘A’ Javelin competition in which he was 3rd.

The Scarborough team was especially successful at field events when in addition to Rob Russell’s hat trick of ‘A’ wins, two other athletes achieved a pair of ‘A’ event wins. Jenna Wheatman continued her winning ways in the Hammer and Javelin, was 3rd in the ‘A’ Shot, and also ran a 100 metre relay leg. Kawsar Ahmed, who was making his debut for the senior team after a very successful season in the Young Athletes League, achieved his ‘A’ wins in the Triple Jump and a personal best performance in the Long Jump. He ended his debut with a leg of the 100 metres relay.

Several of the women in the team achieved a mixture of wins in both ‘A’ and ‘B’ events and most notably Louise Brown, who has had a most successful season for the club during her year long stay back in the Borough. At her final meeting before returning to her home in Barcelona in October, Louise won the ‘A’ 1500 metres and was the runner in the ‘A’ 3,000 metres, even though hampered by a back problem which she sustained at the United Kingdom World Mountain Running trial race the previous day. She went on to win the ‘B’ 800 metres and run a leg of the 400 metres relay.

Abbie Johnson achieved wins in the ‘A’ 800 metres and the ‘B’ Shot and Triple Jump in which she also recorded a personal best performance. She also took part in the winning 400 metres relay team.

Becky Mills concluded her first season in the senior league with a victory in the ‘A’ 400 metres, plus a runner up spot and personal best performance in the ‘A’ 200 metres. Her speed was also a valuable asset in both the winning 100 and 400 metres relay teams.

Connor Carson who was competing in the league for the first time season, competed in the B” 100 and 200 metres sprint double and achieved some useful points with a 3rd in the 100 and a 4th in the 200. His best score was however achieved when winning the ‘B’ Hammer.

There were also senior club debuts by David Lawal who had not represented the club since his schooldays, and Sam Warren who was following in the footsteps of his sister Chloe Warren, who has been competing very successfully in the Young Athletes League this season. David almost made a winning comeback when finishing as the runner up in the ‘A’ 110 metres Hurdles and the ‘A’ High Jump. He also used his track speed in the 100 metres relay. Sam took on both of the ‘A’ sprints in which he finished 4th in the 100 metres and 5th in the 200 metres.

Bobby Scarborough who made his senior debut at the previous meeting, came close to achieving his first senior event win when finishing as the runner up in the ‘B’ 800 metres and also the ‘B’ High Jump. He also ran in the 400 metres relay.

James Kraft achieved season’s best times in both the ‘A’ 800 and 1500 metres races. In the 800 metres, he was just a half second behind the winner, and was also the runner up in the 1500 metres behind a top ranking North East region athlete, Richard Morrell of New Marske Harriers. James was also a key member of both the 100 and 400 metres relay teams.

Marathon man John Trelfa finished as the runner up in the ‘B’ 3,000 metres Chase which was a new event, and was also the runner up in the ‘B’ 5,000 metres in a season’s best time. A very demanding trio of individual events included the ‘B’ 1500 metres in which he was 4th. He also ran a 400 metre relay leg.

Chris Wade who specialises in field events but has also competed in the 400 metres event this season, took on this event again and was 5th in the ‘B’ race. His best result of the meeting was achieved in the ‘B’ Javelin when he finished in 3rd with a personal best throw. More valuable points were achieved with a 5th place in the Long Jump. He also officiated at field events throughout the meeting.

Vickie Lockey who took over the role of team manager at the second league meeting, found the time between this role and also officiating, to compete in the ‘B’ Javelin which she won.

Officials

In addition to the Team Manager and Chris Wade, Mike Willis, Sarah Scarborough, Tom Gillon and Sue Lawal officiated throughout the meeting, and were assisted once again by Leah Ogden. Chris Clayton coordinated the results and acted as the announcer for the entire meeting.
Complete Scarborough Results

Women

A. Bridgeman. 1st 'B' 100 metres, 15.4. 1st 'B' 400 metres, 71.4.
1st 'B' 400 metres H, 84.9. 1st 'B' 100 metres H, 22.4
3rd 'B' 1500 metres, 6.36.9. 3rd 'B' Long Jump, 3.06
L. Brown. 1st 'A' 1500 metres, 4.57.5. 1st 'B' 800 metres, 2.28.3
2nd 'A' 3000 metres, 10.28.9
R. Gyte 1st 'A' 800 metres, 2.25.6. 1st 'A' Shot, 7.12.
A. Johnson 1st 'A' 1500 metres, 4.57.5. 1st 'B' 800 metres, 2.27.8
3rd 'B' Long Jump, 3.06
V. Lockey 1st 'B' Javelin, 20.84
B. Mills 1st 'A' 400 metres, 60.0. 2nd 'A' 26.9
L. Ponter 1st 'A' 100 metres H, 24.2
2nd 'A' 100 metres, 14.1
J. Wheatman 1st 'A' 100 metres, 13.3
1st 'A' 200 metres, 29.2. 1st 'B' Triple Jump, 8.64
2nd 'A' Javelin, 30.78. 5th 'A' Shot, 9.69

Men

K. Ahmed 1st 'A' 800 metres, 2.18.4. 2nd 'B' High Jump, 1.50
C. Carson 1st 'B' 1500 metres, 21.4. 2nd 'A' 1500 metres, 4.22.3
D. Laval 1st 'A' Shot, 9.69
1st 'A' Javelin, 34.83
R. Russell 1st 'A' 100 metres, 14.5. 5th 'B' 200 metres, 30.2
1st 'A' Shot, 12.30
B. Scarborough 2nd 'B' 800 metres, 2.18.4. 2nd 'B' High Jump, 1.50
J. Trelfa 2nd 'B' 3000 metres Chase, 11.57.2. 2nd 'B' 5000 metres, 17.22.5
4th 'B' 1500 metres, 5.06.4
C. Wade 3rd 'B' Javelin, 30.78. 5th 'B' 400 metres, 69.1
5th 'B' Long Jump, 4.25
S. Warren 4th 'A' 100 metres, 14.5. 5th 'A' 200 metres, 30.2

Relays

Women's 100 metres, 1st 57.1  J. Wheatman, Lisa Ponter, A. Bridgeman, B. Mills
Women's 400 metres, 1st 4.25.1  L. Brown, L. Ponter, A. Johnson, B. Mills

Men's 100 metres. 4th 59.3.  C. Carson, K. Ahmed, D. Lawal, J. Kraft
Mens's 400 metres, 3rd 4.31.0.  O. Guallar, J. Trelfa, B. Scarborough, J. Kraft

Match and overall scores

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<td>2. Scarborough</td>
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<td>5. New Marske</td>
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</table>

Scarborough are promoted to Division 2 as Champions with Skyrac
New Marske and City of York who did not compete are demoted to Division 4.
United Kingdom Mountain Running Trial Races

3 members of Scarborough Athletic Club competed in the United Kingdom Mountain Running Trial races at Blackburn, which were selection races for the British team at the World Championships which will be held in September at the Italian town of Paluzza in September.

In the Women’s Under 20 race, which was over 3.2 miles with 787 feet of climb, Charlotte Edge who represented England at mountain running earlier this year at Slovenia, finished up in 5th place and has subsequently been selected as a full member of the England team.

Louise Brown competed in the Senior Women’s race, which was over 5.7 miles with 1312 feet of climb, but had to settle for 15th after being hampered with a back injury. Louise’s husband Oscar Guallar ran well in his top class selection race of 8 miles with 1837 feet of climb, to finish up in 39th place.

Ingrams Track and Field League

4 members of Scarborough Athletic Club were in action at the 4th and final meeting of the Ingrams Track and Field League, which is organised by the City of York Athletic Club and held at the Huntington Stadium in York.

Those taking part in this league do so as individuals and not as team members and the most successful Scarborough athlete this year was Vickie Lockey who manages the senior team in the North of England Track and Field League. Vickie ended the season in overall 2nd place in the senior women’s division after the final match at which she took part in three events. She was the runner up in the Shot with a personal best throw of 6.95 metres, and was also the runner up in the Long Jump with a best jump of 2.62 metres. In the Javelin competition she finished in 3rd with 18.66 metres.

Robbie Pickering finished in third place in the Senior Men’s Discus event with a best throw of 36.17 metres, and was also third overall in the league.

Jenna Wheatman was once again the winner of the Senior Women’s Hammer with 50.77 metres.

In the Under 15 Girls division, Chloe Warren completed a successful debut season at field events, with a 2nd place in the Discus, 19.07, 3rd in the Shot, 7.72 and 5th in the Javelin, 13.53.

Burnsall Feast races.

10 mile road race

11 members of Scarborough Athletic Club competed in races at the annual Burnsall Feast on Saturday 20 August, with the majority taking on the hilly 10 mile road race.

Louise Brown was the first of the 8 club members to finish, when she won the women’s race, and was 9th overall of the 106 finishers, most of whom were seasoned club road runners, with very few were unattached runners competing. Louise’s time of 62 minutes and 37 minutes on a course where only the first 5 finishers broke the hour barrier, augers well for her marathon debut in October, which will now be at Chester and not Amsterdam as previously planned.

The second of the Scarborough women runners was Katy Rawnsley, who has suffered setbacks in her autumn marathon plans due to running injury problems, but is getting back on track now and finished up in 6th with 71.18. Katy was followed by Sally Kingscott whose 31st place finish in 1 hour 35 minutes clinched the 3rd team prize. Sally was closely followed by Julie Clayton who provided a good back up when also finishing in 1 hour 35 minutes.

Pete O’Callaghan was the first of 4 male club members when finishing up in 33rd overall in 71.13. Club Chairman Chris Clayton was the second team scorer in 64th overall with 81.44. The team which was placed 11th was completed by Paul Garrity who finished in 86th with a time of 89.38. Harry Forkin who was competing in the Over 60 group for the last time before moving up to the Over 65 group, finished in 94.57 and 97th place.

Fell Race

Three club members competed in the so called Burnsall Classic Fell race which originated back in 1870, and in sporting terms for the county of Yorkshire, is considered to be synonymous with the Scarborough Cricket Festival. The course which has remained unchanged since it was first run, is over 1.5 miles with 900 feet of climb, and
attracts top fell runners from all over the North of England and further afield. A heavy downpour during the race, resulted in some slipping and sliding on the downhill section back to the village, and some injuries, one of which required the services of the Air Ambulance.

The first of the Scarborough trio to finish was Oscar Guallar who had earlier seen his wife Louise Brown winning the road race. Oscar who was making an event debut, finished in 29th overall of the 139 finishers in 19 minutes and 7 seconds.

The club’s most experienced fell racer, Dave Parke finished the race as the 5th in the Over 60 group in 25.35.

Vickie Lockey completed her very first race over the fells in 34.33

Sedburgh Hill Fell Race

Scarborough Athletic Club was represented at the Sedburgh Hill Fell Race by the experienced Steve Baldwin. The race which is one of the toughest in the fell calendar, consists of a 14 mile course which has 6,000 feet of climb.

After being forced to retire from the race due to injury last year, Steve completed the race this year despite sustaining some bad blisters on both heels due to running on an extremely rough and hilly course. He was also pleased to finish in the top half of the race in 126th of the 334 finishers in 2 hours 48 minutes"

Summer Handicap series – Race 6 at Langdale End

35 Members of Scarborough Athletic Club competed in the 6th and penultimate race in the Summer Handicap series of races which was held at Langdale End. The race which was the longest in the series, consisted of hilly and multi terrain 4.5 mile course.

The first to finish on handicap was John Trelfa, who used the race as preparation for the Wolverhampton Marathon on Sunday 4 September, when he warmed up for this event by running from his home in Eastfield, which was over 9 miles away! John also ran the second fastest time of the race, which augers well for his performance at Wolverhampton.

John was followed home by the fast finishing Chris Allen who edged out Oscar Guallar who was the winner of the second race in the series at Reasty Top, and Mick Thompson, the winner of the previous race at Bickley Gate.

The overall leader of the series is Denis Hearn who has taken over the lead from James Drury, who has in turn been overtaken by Ted Kraft who achieved his 3rd top 10 finish of the series.

The fastest finisher of the race for the 4th time in the series was James Kraft, who also won the award for the fastest man of the series. The 3rd fastest at Langdale after marathon man Trelfa, was Richard Maw, who is now 2nd overall with previous fastest overall leader Ted Kraft now in 3rd overall.

The fastest woman finisher at Langdale End was Louise Brown who had come first at the Burnsall 10 mile race just 5 days earlier. Katy Rawnsley who had already won the award for overall fastest in the series after finishing the fastest in all 5 previous races was 2nd fastest, whilst Sue Haslam was 3rd fastest both at this race and also overall in the series. Hester Butterworth who was 4th fastest did enough to retain 2nd overall.

‘The Bears’ team which consists of Liz, Ted and James Kraft have a clear overall lead, ahead of an improving team of Sam Shepherdson, Sally Kingscott and Michael Whitely, whilst a team with Jayne Graves, Mick Thompson and Paul Garrity have moved up to 3rd overall.

Tartan Games at Gateshead

4 members of Scarborough Athletic Club represented the club at the annual Tartan Games which were held at the Gateshead International Stadium. The event attracts some good standard athletes from the North East of England and Scotland. Two of Scarborough’s top field athletes both won their favourite events, with Jenna Wheatman achieving victory in the senior women’s Hammer, whilst Kawasar Ahmed was the Men’s Under 17 Triple Jump winner, and was also 3rd in the Long Jump.

Vickie Lockey who was competing in her 14th competition of the season and has been achieving some good results at a variety of field events this season, had to settle for 3rd place in the Senior Women’s Javelin competition.
The most prolific of the Scarborough quartet at the meeting was Chloe Warren who competed in 3 Under 15 Girl's field events. Chloe has continued to achieve a host of personal best performances in her first season with club, improved in the Javelin for the 4th time when finishing in 3rd place. She was also 3rd in Discus and 4th in the Hammer.

Complete Scarborough Results

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Northern Runner Fell Race series at Roseberry Topping

5 members of Scarborough Athletic Club competed in the penultimate fixture in the Northern Runner Fell Race League, which was held at Roseberry Topping on Tuesday 23 August. The race which is the shortest race in the 11 race series, consists of a total distance of 1.5 miles but includes the steepest climb to the peak of Roseberry Topping near Great Ayton which at 1049 feet is the highest peak in the North Yorkshire Moors. The runners are allowed to choose their own route to the highest point of the race and the return to the start which involves a total climb of 720 feet. The runners had to contend with running in fine drizzle, and a mist that made the peak invisible from the start and finish point, plus some very slippery patches as a result of some recent wet weather.

The shorter than usual distance for this race allowed entry by young runners, and the trio from Scarborough impressed the race organiser, who considered that 14 year old Bronwen Owen gave a superb exhibition of fell running for one so young to finish ahead of the new 'Summer Series Champion' Kay Neesam, who herself had an excellent run. Bronwen who recently successfully defended her England and Yorkshire Championship titles, finished in 9th overall of the 93 finishers, and was the first woman in the race. 12 year old Emma Clapton was also very impressive when finishing just a minute behind champion Neesam, and was the 3rd female finisher and 39th overall in the race.

Emma Clapton’s younger brother, 10 year old Sam Clapton, who won his previous race at York when competing as one of the youngest runners, fared even better at this race when finishing as the 3rd junior and up in 30th overall.

The 3rd member of the Claptons in the race was Carl Clapton who had to settle for 63rd place overall behind his two children.

Dave Parke finished up in 67th, and also the 3rd over 60 which resulted in an overall 3rd place in the age group with one more race in the series to be calculated.

In the overall women's standings, Sue Haslam is now 2nd overall, but has already won the Over 55 division. Katy Rawnsley who had lost ground after injury, is lying in 3rd overall, but will now concentrate on her training for the Amsterdam Marathon in October. Rhona Haslam is lying 5th overall and the high placing of all 3 Scarborough women, is a reflection on a successful season when the Scarborough women have often finished as the first team.