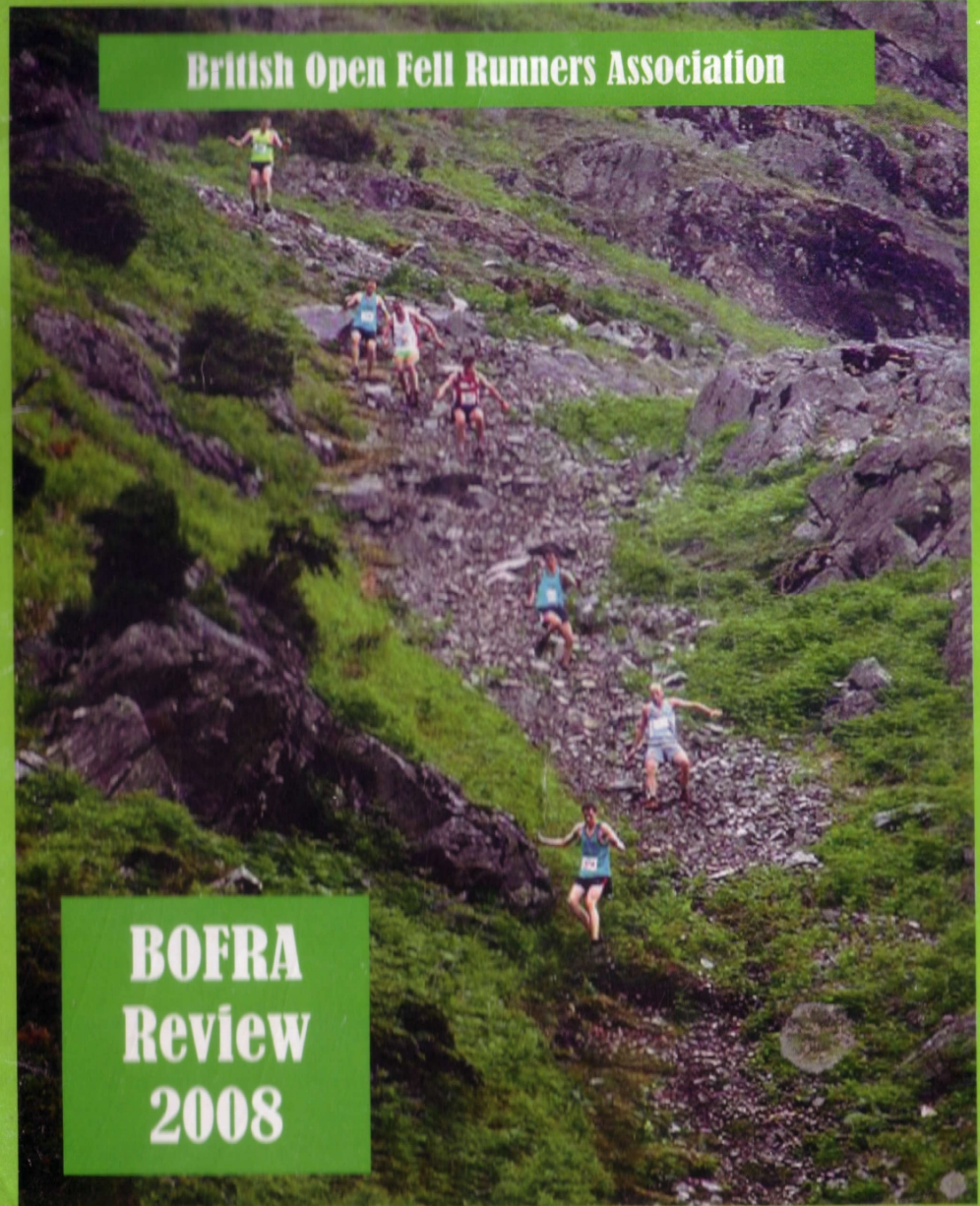




British Open Fell Runners Association



British Open Fell Runners Association



BOFRA
Review
2008

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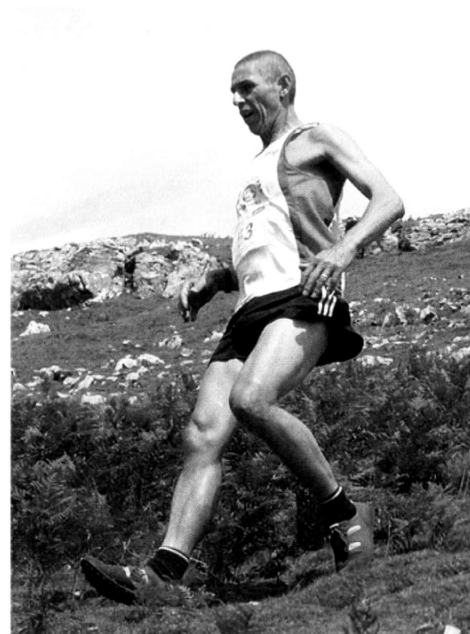
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Chairman's Foreword



Looking back on the 2008 season which started on the Howgills at Sedburgh Gala, we had quite a pleasant day to start our championship. What we didn't realise at the time was this would be one of only a few days our races would be run in dry conditions. We lost two races from show fields because of waterlogged ground, one being Gargrave show and the other Wasdale show. In the twenty years I've been with BOFRA I cannot remember any events being cancelled, I hope it's not a sign of things to come. After Wasdale was cancelled the committee put in a big effort to organise a race at short notice as there were still titles to be won on this, the final counter. The Rylstone fell race was our longest event this year and for me it was one of the toughest BOFRA events I've done. It wasn't Kirk Fell at Wasdale but it was just as testing and thanks to our members it was well supported.

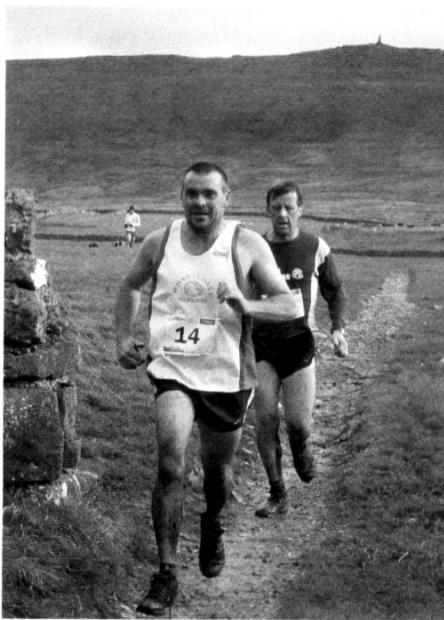
What has been really good this year has been the impact of our website; our membership has been well up possibly by a 3rd. Tim has got the results on quickly and I have done my best with the write ups with the help from Pauline, I think it's entertainment for her with my spelling and punctuation. Anyway it gives her a laugh.

Considering conditions this year we've had loads of help at races with marshalling, flagging, cutting back bracken and ferns etc; lots of people have been involved at different venues which I'm sure has been much appreciated by our competitors. The times we've been running in the rain this year thinking "what the heck am I doing here", just think about the people on the line waiting for us to return, Colin, Brian, Jane and Pauline have done a tremendous job this year whatever the weather and there were days you wouldn't do the job for a pension. Colin's wife Brenda has done a tremendous job with our raffle at races raising funds for BOFRA. They have all done a great job for us this year and I for one cannot thank them enough. The website this year has had some great photos on it thanks to the people who have kindly forwarded their handiwork to Tim – thank you. Let's not forget the runners, their families and supporters. We've had lots of new members at every level. I hope we've made a good impression on you and we will see you in 2009.

Lastly I would like to thank our sponsors especially the Royal Mail Sports Foundation who have paid for the majority of our presentation evening trophies for the last 3 years. There are plenty of others who have kindly funded our events – thank you to them. From a personal note I would like to thank Daryl Ames who is the Sports Editor for our local newspapers, he's done BOFRA proud this year giving our write-ups plenty of press coverage, which has got to be good for our organisation.

Barry Scholes (Chairman)

Review of the season – Senior Men



OVER 40's

If ever a title was gained through massacring your previous years times this was it. Jonathan Gibson has run all our championship races and his efforts have paid off with the over 40's title and a 12th place in the senior championship. 2nd place went to Carl Bradshaw who came a credible 16th in the seniors. Keighley and Craven runners Peter Thompson and Paul Sessford finished 3rd and 4th with Dave Spencer and Brian Hugill in their first year competing in the championship, earning themselves 5th and 6th place.

MEN - Vet 40																
RACE POSITIONS																
Championship Position	BOFRA number	First Name	Surname	Sedburgh	Coniston Gullies	Kettlewell	Helm Hill	Kirkby Galla	Alva Games	Hawswick Dash	Cracoe	Ambleside	Farleton Knott	Gargrave	Muker Show	Burnsall
1	14	Jonathan	Gibson	5	3	5	3	1	1	4	2	2	3	3	3	2
2	49	Carl	Bradshaw	6	2	5	3	2	3	3	3	3	4	4	4	3
3	70	Peter	Thompson	9	7	4	2	4	3	8	6	9	8	8	7	5
4	13	Paul	Sessford	11	4	9	4	3	8	6	9	8	8	8	7	5
5	91	Dave	Spencer	12	5	8	4	3	8	6	9	8	8	8	7	5
6	89	Brian	Hugill	13	12	6	5	8	8	8	8	8	8	8	7	4
															Races Completed	TOTAL POINTS
															14	463
															10	443
															9	432
															12	423
															8	407
															8	398

OVER 45's

Colin Urmston has featured high up in our senior events this season, so his 9 wins in this category nailed it in style. Gary Bastow has had his hands on this title in previous years but he will not be disappointed with his 2nd place when competing against such class opposition. Tim Done has improved greatly over the course of the season bringing him some good results and 3rd place in the vet 45's ahead of Neil Taylor and Paul Wilson. Paul Tuson finished the season strongly after a quiet period mid season, but was just a race short of his eight in 6th place.

MEN - Vet 45																
RACE POSITIONS																
Championship Position	BOFRA number	First Name	Surname	Sedburgh	Coniston Gullies	Kettlewell	Helm Hill	Kirkby Galla	Alva Games	Hawswick Dash	Cracoe	Ambleside	Farleton Knott	Gargrave	Muker Show	Burnsall
1	31	Colin	Urmston	1	1	1	1	1	1	1	1	1	1	1	1	1
2	61	Gary	Bastow	2	2	2	2	2	2	2	2	2	2	2	2	2
3	21	Tim	Done	7	6	3	6	2	7	3	4	6	3	4	4	4
4	6	Neil	Taylor	6	4	7	4	5	6	6	5	5	5	5	5	5
5	56	Paul	Wilson	8	5	8	7	3	8	8	8	8	8	8	8	8
6	37	Paul	Tuson	3	5	4	4	4	4	4	4	4	4	4	4	4
															Races Completed	TOTAL POINTS
															9	480
															1	462
															13	438
															8	424
															10	420
															7	380



OVER 50's

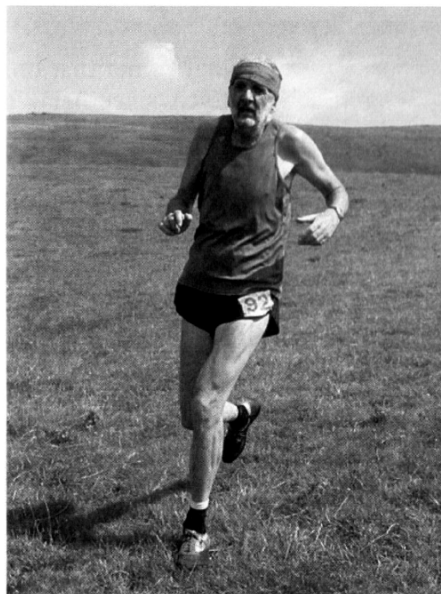
Last year's winner Jack Holt's season has been quite good putting him in the top ten in the seniors but a new guy on the block took the title in his 1st year in this age group, Adrian Pickles put together 7 wins in this category to lift the title with Jack in 2nd. John Adair in his first year with us got 3rd place and 14th in the seniors. Next two over 50's were Barry Scholes and Kevin Rogan; these guys never have much distance between them. The over 50's has been well supported with nine doing the qualifying races. Pete Metcalfe finished in 6th with Andrew Biddle, Roger Hall and Denis Wood filling the next 3 places. Denis has run all over the place this year, his aim was to do 65 races to mark his 65th birthday and he has more than achieved this.

MEN - Vet 50																
RACE POSITIONS																
Championship Position	BOFRA number	First Name	Surname	Sedburgh	Coniston Gullies	Kettlewell	Helm Hill	Kirkby Galla	Alva Games	Hawswick Dash	Cracoe	Ambleside	Farleton Knott	Gargrave	Muker Show	Burnsall
1	43	Adrian	Pickles	2	2	1	1	1	1	1	1	1	1	1	1	1
2	88	Jack	Holt	2	2	1	2	2	2	2	2	2	2	2	2	2
3	96	John	Adair	3	3	4	3	3	3	3	3	3	3	3	3	3
4	53	Barry	Scholes	5	5	6	4	5	4	5	5	4	4	4	4	4
5	71	Kevin	Rogan	6	4	7	5	6	5	6	5	5	5	5	5	5
6	68	Pete	Metcalfe	8	8	8	7	7	7	7	7	7	7	7	7	7
7	64	Andrew	Biddle	11	9	9	9	9	9	9	9	9	9	9	9	9
8	19	Roger	Hall	10	6	10	5	8	8	8	8	8	8	8	8	8
9	92	Denis	Wood	12	8	11	7	7	7	7	7	7	7	7	7	7
															Races Completed	TOTAL POINTS
															14	465
															9	444
															14	434
															8	425
															8	411
															10	403
															7	402
															8	392



UNDER 23 MEN

The top three in this age group were also high flyers in our championship, with two of them level on points up to the last race. It's been quite a battle but with a fantastic run at Rylstone Sam Watson claimed the title. Jack Thompson is new to the seniors but not disgraced in 2nd and Matthew Athersmith performed consistently to claim 3rd place.



65 at 65! - Well done Denis

UNDER 23 MEN																
RACE POSITIONS																
Championship Position	BOFRA number	First Name	Surname	Sedburgh	Coniston Gullies	Kettlewell	Helm Hill	Kirkby Galla	Alva Games	Hawswick Dash	Cracoe	Ambleside	Farleton Knott	Gargrave	Muker Show	Burnsall
1	9	Sam	Watson	1	3	2	2	1	1	1	1	1	1	1	1	1
2	17	Jack	Thompson	2	2	1	2	2	2	2	2	2	2	2	2	2
3	98	Matthew	Athersmith	3	3	3	3	3	3	3	3	3	3	3	3	3
															Races Completed	TOTAL POINTS
															11	474
															9	471
															8	450



Review of the season – Senior Ladies



Who say's fell running's not glamorous? Our ladies prove this wrong and increased numbers have made this season more challenging. Our ladies champion this year; Lisa Lacon has been outstanding, leaving most of the senior men behind her in our races. Her 9 convincing performances have given her maximum points and the 2008 ladies' title.

Last year's vet's champion Dawn Richards has kept her title against some strong competition, she

always seems happy with her racing and 2nd place in the ladies is a well earned result.

2nd place in the lady vets went to Val Done, whose position as 3rd lady in her first full season with us is shared with Judy Marshall, who has run with BOFRA since being a junior. Judy put in a final charge to finish with a win at Rylstone, whilst Val's best result was as first BOFRA lady at Muker.

Lynn Whittaker put in a strong charge at the end of the season to earn 5th place overall and 3rd in the lady vets. Lynn has been a keen supporter of our races, as has 6th lady and under 23 ladies' champion Sam Morphet. Sue Narey was only 3 points adrift of Sam in 7th place. These ladies completed the 8 counters needed, however we have had plenty of other lady athletes competing this year. Hopefully they have enjoyed our races and will be back next year.



SENIOR LADIES																				
Championship Position	BOFRA number	First Name	Surname	RACE POSITIONS														Races Completed	TOTAL POINTS	
				Sedbergh	Coniston Gullies	Kettlewell	Helm Hill	Kirkyb Gala	Alva Games	Hawkswick Dash	Cracoe	Ambleside	Farleton Knott	Gargrave	Muker Show	Burnsall	Embsay			Rylstone
1	129	Lisa	Lacon			1	1	1	1	1	1	1	1					9	480	
2	142	Dawn	Richards	5		9		3	2	4	4	4	3		2	2	3	2	12	447
3=	160	Val	Done	8	4	10	5	4	3	2	5	5	4		1	3		4	13	443
3=	136	Judith	Marshall	4	2	6	3			3		3	5				4	1	9	443
5	146	Lynn	Whittaker	9	6	11	4	2		5	6	6	6		3	4	2	3	13	437
6	137	Samantha	Morphet	6					4	6	7	7			4	5	6		8	419
7	154	Sue	Narey	10	5	13	7	5	5						6	5	5		9	416
8	153	Jennifer	Dunn		1	3	2					2	2						5	286
9	132	Sheryl	Slater	7	3	8	6						7						5	259

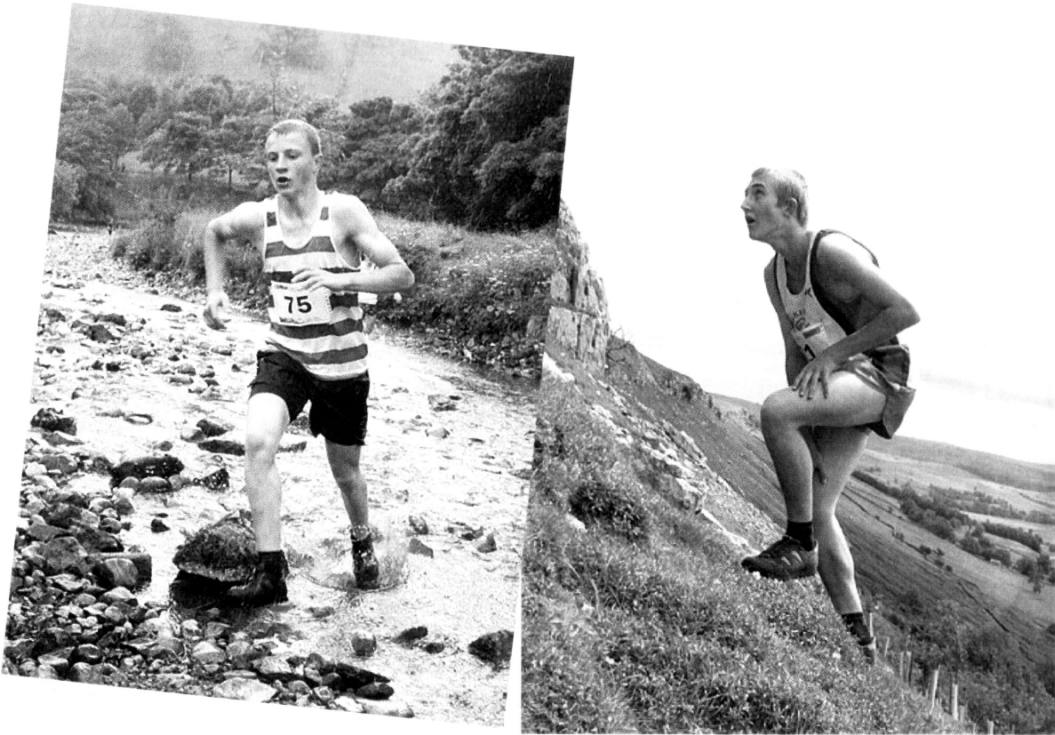
Review of the season – U17 Boys



Jonny Bradshaw has competed in every race and has had some fantastic results including four wins, to push Tom all the way and earn his 2nd place. Matt Fretwell’s consistent top three placing gets him 3rd in the table with Jack Smith and Robbie Swift, who have both had some good results this season finishing in 4th and 5th. Sam Richards and Scott Baistow have had their own little battles with Sam getting 6th place, just 3 points in front of Scott in 7th. Scott was also amongst our small number of runners who competed in every race.

This has been one of the most competitive age groups in the championship. Jonny Bradshaw started the ball rolling with an impressive win at Sedbergh Gala in what would be a great season for him. With Matt Fretwell winning the following race at Coniston and Thomas Sessford at Kettlewell we had to be wondering whose name would be on the title. Ashley Kaye put together 3 wins but finished his season at Ambleside, so who knows what would have happened if he had completed all 8. However, the most consistent athlete, who put together six wins was Tom Sessford, earning him the under 17’s title in what has been an outstanding year for him.

UNDER 17 BOYS																				
Championship Position	BOFRA number	First Name	Surname	RACE POSITIONS														Races Completed	TOTAL POINTS	
				Sedbergh	Coniston	Gullies	Kettlewell	Helm Hill	Kirkby Gala	Alva Games	Hawkswick Dash	Cracoe	Ambleside	Farleton Knott	Gargrave	Reeth Show	Burnsall			Embsay
1	75	Thomas	Sessford	2	3	1		3	1		1	1	1		2	1			10	474
2	71	Jonathan	Bradshaw	1	2	2	2	2	2	2	2	2	2		1	2	1	1	14	468
3	52	Matthew	Fretwell	4	1	3		4	5	3	3	4	3			3		3	11	444
4	76	Jack	Smith	8	7	7	5	6		5	6	6			4	5	2	2	12	431
5	74	Robbie	Swift	9	8	10		8		6			5		3	4		4	9	417
6	78	Sam	Richards	10		15		9	7	7	7	7	6			7	4	5	11	414
7	63	Scott	Baistow	11	10	14	8	10	6	8	8	8	7		5	8	5	6	14	411





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Saturday 11th July 2009 at 12.30

Races for Under 12, Under 14, Under 17 and open



BRITISH CHAMPIONSHIP HILL RACE (Off time – 4.15pm approx)

1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
£175	£100	£50	£25	£10	£10	£10	£10	£10	£10

First Lady £25 Second lady £20 First Veteran £25 Second Vet £10
First Local (Clackmannanshire) Runner - £25

BRITISH JUNIOR HILL RACE CHAMPIONSHIP (Under 17)

1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	1 st female	2 nd female
£75	£30	£20	£10	£10	£10	£10	£10	£5

First Local (Clackmannanshire) Runner - £10

UNDER 14 HILL RACE & UNDER 12 HILL RACE (Separate Races are Run)

1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	1 st Girl	2 nd Girl
£40	£30	£20	£5	£5	£5	£5	£10	£5

First Local (Clackmannanshire) Runner in each Race - £10

Every competitor will receive a certificate confirming their individual performance on the day.

Review of the season from U17 champion, Tom Sessford



"This year the under 17's BOFRA championship has been really close, with lots of different people in the running for the title. After the first four races there had been four different winners, so it was anybody's title from here.

One of the next championship races was Alva, which is one of my favourite BOFRA races. I

like Alva because it is one of the steeper races, which I tend to enjoy the most, particularly the climb. Alva is also a good social event, as most families stay over at the campsite which is great fun for all.

This year I also won the FRA English uphill only championships at Arnison Dash in Patterdale. After this point I felt I had improved quite a lot, as I went on to win the next three BOFRA races, with Jonny finishing close behind. The next scheduled race was Gargrave, but this was cancelled due to bad weather, like Wasdale was later on in the season. Wasdale, is also one of my favourite races.

When it got to Burnsall, I knew that if I won this race I had won the championship. There was some good competition there, so I knew it would be hard to win it. We were all very close at the top, but on the downhill I got a slight edge, and went on to win the race and the U17 championship.

The only race left of the season for me was the British and Irish championship, held in Scotland this year. This was the first time I had gained a England vest. There were also two other BOFRA members who got a vest, Jonny and Ashley; and the close competition in the BOFRA season may have helped this. I went on to win this race, which I feel is my best achievement ever! Now it's the cross country season to follow".

Tom Sessford

Congratulations to Tom Sessford, Jonny Bradshaw, Ashley Kaye, Melanie Hyder and Rebecca Flanagan on your selection for the English Fell Running Team from all at BOFRA.

Review of the season – U17 Girls



Last year’s under 14 girls’ champion, Melanie Hyder has made quite a big impression in her first year in the under 17’s with some outstanding performances to gain an awesome 10 wins and the under 17’s title

However, the title was not easily won. Last years’ winner, Emma Flanagan has put up a strong challenge, gaining 3 wins to show that on her day she’s pure class and her 2nd place in the championship has come off some great results.

Emma Spencer has also had a great first season in the under 17’s, with some strong runs putting her in the prizes at nine races. Her win at Embsay caps off a great season as she finishes in 3rd overall.

Jenny Dybeck and Rebecca Swindells have both run well to get 4th and 5th in the girls, each achieving podium finishes along the way, whilst two

girls who have run from being in the under 12’s; Melanie Morphet and Sarah Wilson took 6th and 7th places. This age group has been very strong and everything won in it was done the hard way; with a lot of guts, effort, ability and skill.



UNDER 17 GIRLS																					
Championship Position	BOFRA number	First Name	Surname	RACE POSITIONS												Races Completed	TOTAL POINTS				
				Sedbergh	Coniston Gullies		Kettlewell	Helm Hill	Kirkby Gala	Alva Games	Hawswick Dash	Cracoe	Ambleside	Farleton Knott	Gargrave			Reeth Show	Burnsall	Embsay	Rylstone
1	81	Melanie	Hyder	1	1	2	1	2	1	2	1	1	1		1	1	13	480			
2	90	Emma	Flanagan	2	2	1			1		1	2	2	2	3		10	465			
3	93	Emma	Spencer	3	3	3					3	4	3	3		2	1	3	10	447	
4	87	Jenny	Dybeck	4		4					4	3		4		3	4	2	2	9	440
5	82	Rebecca	Swindells				5		3	2	6	6	4	5		4	6	4		10	432
6	91	Melanie	Morphet	8	6		2	5	4	7	8			6		6	9	5		11	424
7	77	Sarah	Wilson	6	4	9		4	3						5	7			4	8	422
8	58	Rosie	Hellawell		5	6					5	5	5			5	3			7	372

BOFRA 2008 Championships - Final Positions

SENIOR MEN				
Pos	racers	Name	Pts	
1	11	Alastair Dunn	477	
2	12	Ted Mason	474	
3	10	Brendon Taylor	444	
4	10	Mark McGoldrick	428	
5	9	Jack Thompson	425	
6	11	Sam Watson	424	
7	9	Adrian Pickles	409	
8	14	Jack Holt	399	
9	8	Matthew Athersmith	392	
10	9	Colin Urmston	390	
11	11	Andy Smith	381	
12	14	Jonathan Gibson	369	
13	9	Gary Bastow	358	
14	9	John Adair	348	
15	12	Damen Scholes	334	
16	10	Carl Bradshaw	328	
17	8	Oily Fielden	327	
18	9	Ben Proctor	326	
19	8	Andrew Bennett	321	
20	14	Barry Scholes	314	
21	9	Peter Thompson	313	
22	13	Tim Done	294	
23	9	Kevin Rogan	274	
24	12	Paul Sessford	256	
25	8	Neil Taylor	245	
26	10	Paul Wilson	242	
27	8	Peter Metcalfe	238	
28	8	Dave Spencer	228	
29	10	Andrew Biddle	219	
30	8	Roger Hall	214	
31	8	Denis Wood	190	
32	8	Brian Huggill	189	
33	7	Mark Croasdale	380	
34	7	Andy Preedy	348	
35	5	Lee Passco	269	
36	7	Paul Tuson	245	
37	4	Ged Walsh	207	
38	4	Billy Proctor	202	
39=	4	Colin Moses	197	
39=	5	Lee Proctor	197	
41	6	Andy Holden	196	
42	5	Simon Throup	191	
43	5	Nick Dybeck	186	
44	6	John Thompson	168	
45	4	Kevin White	167	
46	5	Patrick Willink	164	
47	4	Stuart Hunn	162	
48	4	Dave Cummings	157	
49	3	Alan Life	150	
50=	3	Martyn Speight	149	
50=	4	Norman Bush	149	
52	4	Ian Robinson	148	
53	5	Thomas Wilson	147	
54	5	Raj Madhas	119	
55	5	Steve Hunn	112	
56	3	Mike Addison	109	
57=	4	Michael Nunwick	105	
57=	3	Sam Athersmith	105	
59	2	Mark Horrocks	102	
60	2	Paul Harlowe	100	
61	2	David Shepherd	95	
62	2	Ian Gibbons	93	
63	2	Jim Stockdale	90	
64	2	Mark Jagger	87	
65	4	Dean Thompson	86	
66	2	Mark Salikid	71	
67	2	Jon Marchant	62	
68	1	Tom Addison	55	
69	1	Neil Pate	49	
70	1	Tim Kelly	46	
71	1	David Fell	36	
72	1	Dennis Neilson	30	
73	1	Trevor Metcalfe	19	
74=	1	Mark Wilkinson	16	
74=	1	Ed Robinson	16	
76	1	Paul Dark	13	

MEN V40				
Pos	racers	Name	Pts	
1	14	Jonathan Gibson	463	
2	10	Carl Bradshaw	443	
3	9	Peter Thompson	432	
4	12	Paul Sessford	423	
5	8	Dave Spencer	407	
6	8	Brian Huggill	398	
7	7	Mark Croasdale	420	
8	6	Andy Holden	312	
9	5	Patrick Willink	255	
10	5	Raj Madhas	249	
11	4	Colin Moses	229	
12	4	Ged Walsh	226	
13	4	Dave Cummings	215	
14	4	Dean Thompson	197	
15	3	Alan Life	171	
16	2	Mark Horrocks	120	
17	1	Dennis Neilson	50	

MEN V45				
Pos	racers	Name	Pts	
1	9	Colin Urmston	480	
2	9	Gary Bastow	462	
3	13	Tim Done	438	
4	8	Neil Taylor	424	
5	10	Paul Wilson	420	
6	7	Paul Tuson	380	
7	6	Steve Hunn	305	
8	5	Simon Throup	275	
9	5	Nick Dybeck	274	
10	3	Martyn Speight	177	
11	3	Mike Addison	169	
12	2	Jim Stockdale	112	
13	2	Mark Salikid	109	
14	1	Tim Kelly	60	
15	1	Paul Dark	48	

MEN V50				
Pos	racers	Name	Pts	
1	9	Adrian Pickles	477	
2	14	Jack Holt	465	
3	9	John Adair	444	
4	14	Barry Scholes	434	
5	9	Kevin Rogan	425	
6	8	Peter Metcalfe	411	
7	10	Andrew Biddle	403	
8	8	Roger Hall	402	
9	8	Denis Wood	392	
10	6	John Thompson	306	
11	4	Billy Proctor	240	
12	4	Norman Bush	217	
13	4	Ian Robinson	215	
14	4	Michael Nunwick	209	
15	2	Paul Harlowe	110	
16	1	David Fell	53	
17	1	Trevor Metcalfe	49	

MEN UNDER 23				
Pos	racers	Name	Pts	
1	11	Sam Watson	474	
2	9	Jack Thompson	471	
3	8	Matthew Athersmith	450	
4	5	Thomas Wilson	268	
5	3	Stuart Hunn	168	
6	3	Sam Athersmith	164	
7	2	David Shepherd	115	
8	1	Tom Addison	60	

SENIOR LADIES				
Pos	racers	Name	Pts	
1	9	Lisa Lacon	480	
2	12	Dawn Richards	447	
3=	13	Val Done	443	
3=	9	Judith Marshall	443	
5	13	Lynn Whittaker	437	
6	8	Samantha Morphet	419	
7	9	Sue Narey	416	
8	5	Jennifer Dunn	286	
9	5	Sheryl Slater	259	
10	3	Helen Glover	174	
11	3	Carol Life	166	
12	3	Lucy Griffiths	165	
13	3	Nicole Slater	148	
14	1	Tamara Hird	54	
15	1	Sharon Urmston	44	

LADIES V40				
Pos	racers	Name	Pts	
1	12	Dawn Richards	474	
2	13	Val Done	465	
3	13	Lynn Whittaker	456	
4	3	Carol Life	180	
5	1	Sharon Urmston	53	

LADIES UNDER 23				
Pos	racers	Name	Pts	
1	8	Samantha Morphet	474	
2	5	Sheryl Slater	292	
3	3	Lucy Griffiths	180	

UNDER 17 BOYS				
Pos	racers	Name	Pts	
1	10	Thomas Sessford	474	
2	14	Jonathan Bradshaw	468	
3	11	Matthew Fretwell	444	
4	12	Jack Smith	431	
5	9	Robbie Swift	417	
6	11	Sam Richards	414	
7	14	Scott Bastow	411	
8	6	Ashley Kay	344	
9	6	Rory Addison	312	
10	6	Luke Croasdale	311	
11	6	Alex Brown	293	
12	5	Jos Addison	270	
13	4	Joe Johnston	213	
14	3	Peter Messenger	149	
15	2	Sean Carey	106	
16	2	Sam Till	98	
17	1	Mathew Cardus	47	

UNDER 17 GIRLS				
Pos	racers	Name	Pts	
1	13	Melanie Hyder	480	
2	10	Emma Flanagan	465	
3	10	Emma Spencer	447	
4	9	Jenny Dybeck	440	
5	10	Rebecca Swindells	432	
6	11	Melanie Morphet	424	
7	8	Sarah Wilson	422	
8	7	Rosie Hellawell	372	
9	3	Holly Crabtree	153	
10	2	Amy Fretwell	102	
11	1	Rebecca McLean	51	
12	1	Emily Throup	50	

UNDER 14 BOYS				
Pos	racers	Name	Pts	
1	8	James Knox	477	
2	11	James Hall	463	
3	10	Pascal Dark	448	
4	12	Declan Bulmer	433	
5	9	David Wilson	421	
6	8	Harry Sessford	415	
7	7	Ryan Croasdale	411	
8	6	Daniel Walsh	331	
9	5	Sam Westcott	279	
10	3	Sam Stockdale	158	
11	2	William Peryer	104	
12	2	Bradley Chapman	102	
13	1	Ben Till	57	

UNDER 14 GIRLS				
Pos	racers	Name	Pts	
1	11	Pippa Barrett	477	
2	10	Lauren Munro-Bennett	474	
3	10	Nicole Narey	445	
4=	8	Charlotte Cox	441	
4=	10	Erika Carter	441	
6	9	Faith Biddle	427	
7	11	Chelsey Holder	421	
8	5	Zara Knappy	271	
9	4	Katy Athersmith	209	

UNDER 12 BOYS				
Pos	racers	Name	Pts	
1	14	Ben Johnstone	480	
2	12	William Smith	456	
3	8	David Goad	441	
4	12	Philip Done	434	
5	8	Oliver Willink	428	
6	9	Marcus Preedy	421	
7	9	Robert Thompson	416	
8	9	Oliver Spencer	406	
9	9	Tim Bailey	403	
10	8	Sam Willink	391	
11	8	Dean Thompson	373	
12	6	Joe Stapleton	322	
13	6	Jacob Croasdale	280	
14	5	Jack Cummings	242	
15	5	Lewis Gray	237	
16	5	Odin Hargreaves-Madhas	234	
17	4	Alexander Speight	217	
18	4	Oliver Whyte	209	
19	4	Leon Passco	179	
20	3	Matthew Horn	142	
21	3	Jack Crummett	139	
22	3	Cameron Hardie	134	
23	2	Lloyd Davies	96	
24	2	Tom Robinson	86	
25	1	Harry Brooks	51	
26	1	Tom Naylor	46	
27	1	Tom Bennett	44	

UNDER 12 GIRLS				
Pos	racers	Name	Pts	
1	11	Lorna Jo Nunwick	480	
2	10	Rebecca Flanagan	463	
3	13	Elanae Gibson	441	
4	8	Sophie Marshall	440	
5	13	Zoe Bastow	424	
6	10	Chloe Law	411	
7	13	Molly Holder	407	
8	7	Hannah Thom	368	
9	7	Manon Dark	360	
10	5	Megan Solomon	285	
11	5	Martha Pickles	275	
12	5	Eleanor Solomon	265	
13	2	Amber Hot-Manville	106	
14	1	Georgina Spencer	55	
15	1	Shannon Park	48	

Review of the season – U14 Boys



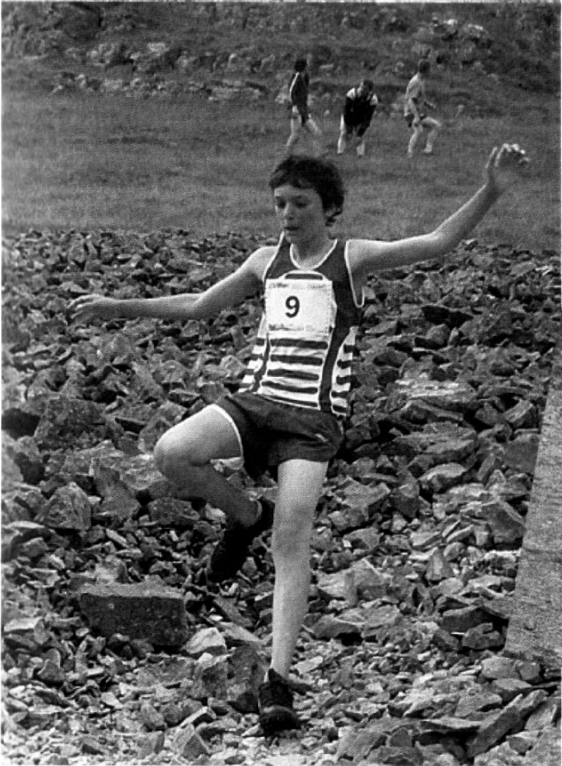
The under 14 boys' category has been extremely competitive this season, with a number of boys fighting for championship positions. James Knox was hoping to continue his winning ways in the older age group against strong opposition, both old and new. Ryan Croasdale has had a number of successful years with BOFRA, but footballing commitments have impacted upon his availability.

After the first four races the category was wide open with James and Ryan level on two wins, closely followed by Daniel Walsh and Sam Westcott. The next 4 races saw James take control with consecutive wins, as new challenges came in from James Hall and Pascal Dark. The final 6 races were wide open with four different winners.

In the end James Knox took 1st place in the category, with 6 wins across the season, followed by James Hall, whose consistent performance produced a first and four second places. Pascal Dark finished the season with two wins and a second place to take 3rd overall. Declan Bulmer has stepped up from the under 12's to take on the best in the country in the older age group and has really done himself justice steadily improving in every race to finish 4th. The next two places go to David Wilson and Harry Sessford, who have had their own exciting battles throughout the season.

The cancellation of Gargrave show has impacted upon BOFRA this year and unfortunately, three of our early front runners were unable to complete the required eight races. Things could have been very different if they had. Maybe next season we will see!

UNDER 14 BOYS																		
Championship Position	BOFRA number	First Name	Surname	RACE POSITIONS											Races Completed	TOTAL POINTS		
				Sedbergh	Coniston Gullies	Kettlewell	Helm Hill	Kirkby Gala	Alva Games	Hawkswick Dash	Cracoe	Ambleside	Farleton Knott	Gargrave			Reeth Show	Burnsall
1	10	James	Knox		1	1	2	1	1	1	1			1			8	477
2	9	James	Hall		4	5	4	2	3	3	3	2	2				1	453
3	2	Pascal	Dark	4	5			3	4	4		4		4	1	1	2	448
4	12	Declan	Bulmer	5	6	6		4	4	5	5	3	5		5	4	2	433
5	23	David	Wilson	7	7	9		5	5					6	6	3	4	421
6	22	Harry	Sessford	8				6		7	7		6		7	5		415
7	21	Ryan	Croasdale	1	2	2	1			2		1	1					411
8	15	Daniel	Walsh	3		4	3						3		3	2		331
9	19	Sam	Westcott	2	3	3					2					3		279



Third place overall went to Nicole Narey, who has steadily improved over the season, finishing in the prizes in seven races. Charlotte Cox made a promising start to the season, with podium finishes in seven races, but only managed 4th place in her next race after a long break during summer.

UNDER 14 GIRLS																							
Championship Position	BOFRA number	First Name	Surname	RACE POSITIONS																Races Completed	TOTAL POINTS		
				Sedbergh	Coniston	Gullies	Kettlewell	Helm Hill	Kirkby Gaia	Alva Games	Hawkswick Dash	Cracoe	Ambleside	Farleton Knott	Gargrave	Reeth Show	Burnsall	Embsay	Rylstone				
1	18	Pippa	Barrett	1	2	2					2	1	2	1			1	1	1	1	11	477	
2	16	Lauren	Munro-Bennett	2	1	1	1			1	1	2	1	2			2				10	474	
3	7	Nicole	Narey	6	5	6	3	1	2								3	3	3	3	10	445	
4=	1	Charlotte	Cox	3	3	3		2			3	3	3					4			8	441	
4=	24	Erika	Carter	5	6	4					4	4	4				4	2	2	2	10	441	
6	25	Faith	Biddle	7		7				3		5		3			5	6	4	4	9	427	
7	3	Chelsey	Holder	8	7	8		3			6	7	5	4			6	7		5	11	421	
8	14	Zara	Knappy	4	4	5	2											5			5	271	
9	31	Katy	Athersmith							4	5	6						8			4	209	

Review of the season – U12 Boys



Outstanding performance of the season has to go to under 12 boys' champion; Ben Johnstone. Ben's commitment to the BOFRA series this year has been exceptional, having competed in all 14 races and won on each occasion. What makes this all the more impressive has been the quality of the opposition.

Will Smith has been probably the strongest runner not to win a BOFRA race this season, achieving 2nd place in 10 races and thoroughly deserving his 2nd place overall. Third place overall went to David Goad, who put in some strong performances early in the season, David was unable to compete in the last four races, but his strong performance earlier in the season allowed him to hold his position

Fourth place went to Phil Done who has achieved two podium finishes and eight 4th places to equal last year's overall position. Oliver Willink had a strong first season finishing in 5th with two podium finishes, whilst the next three places went to some real prospects for next season; Marcus Preedy, Robert Thompson and Oliver Spencer.

The competition in this age group has been outstanding, with some of the largest number of entries since BOFRA began. These are athletes of the future and give promise for an exciting season in 2009.



UNDER 12 BOYS

Championship Position	BOFRA number	First Name	Surname	RACE POSITIONS																Races Completed	8?	TOTAL POINTS
				Sedbergh	Coniston	Gullies	Kettlewell	Helm Hill	Kirkby Gala	Alva Games	Hawkswick Dash	Cracoe	Ambleside	Farleton Knott	Gargrave	Reeth Show	Burnsall	Embsay	Rylstone			
1	66	Ben	Johnstone	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	14	480	
2	62	William	Smith		2	2	3	2	2	2	2	2	2		4	2		2	12	456		
3	83	David	Goad	2	6	3	2	3	3		3	dnf	3						8	441		
4	55	Philip	Done	3	4	6	4	4	4	4	4	6	4		3	4			12	434		
5	87	Oliver	Willink	4	3		6	5					4	6		5		3	8	428		
6	71	Marcus	Preedy		8	7	10		5	5	5	5	5				3		9	421		
7	74	Robert	Thompson	5		11	7	6			8		7			7	4	4	9	416		
8	91	Oliver	Spencer		7	9				8	9	7	8			8	5	6	9	406		
9	70	Tim	Bailey	6		10	9			9	12		9			6	7	5	9	403		
10	88	Sam	Willink	9	10		11	7					8	11		10		7	8	391		
11	67	Dean	Thompson	11	14	16	14		6							13	8	9	8	373		

Review of the season – U12 Girls



Lorna Jo Nunwick started this season as she had finished the previous one - in first place. She continued to dominate the age group taking victory in all 11 races in which she competed. Lorna has run with such great spirits and is a truly worthy champion.

The season has seen Rebecca Flanagan develop and she has put in a number of strong performances, gaining victory in the remaining 3 races. A string of second places meant that Rebecca comfortably gained second place in the championship.

Ellamae Gibson showed great promise in 2007, winning most of the under 9 races in which she competed. The step up to the under 12's wasn't plain sailing, but she has settled in over the season and shown that she is capable of taking on the best on her day. With the final race to go, Ellamae had

to beat Sophie Marshall to retain 3rd place, which she did by 22 seconds making it one of our closest battles of the season. Sophie's season saw her in the top three in 6 out of her 8 races, making it a great first season for her.

The next three places were taken by three great supporters of our races, Zoe Baistow, Chloe Law and Molly Holder, all competing in more than 10 races.

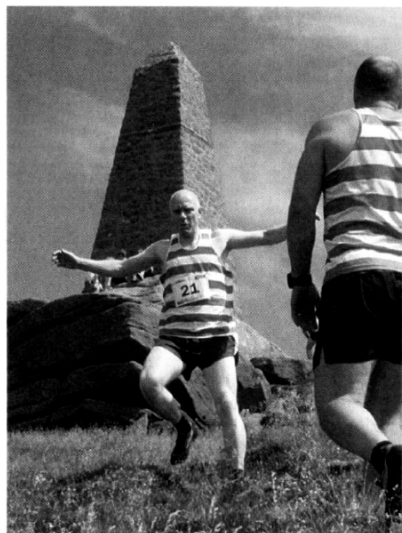
Hannah Thom and Manon Dark finished 8th and 9th overall, having just failed to achieve the required 8 races. Had they managed just one more race, they could have finished up in the trophies. There is always next year!

UNDER 12 GIRLS

Championship Position	BOFRA number	First Name	Surname	RACE POSITIONS															Races Completed	TOTAL POINTS
				Sedbergh	Coniston Gullies	Kettlewell	Helm Hill	Kirkby Gala	Alva Games	Hawkswick Dash	Cracoe	Ambleside	Farleton Knott	Gargrave	Reeth Show	Burnsall	Embsay	Rylstone		
1	52	Lorna Jo	Nunwick	1	1	1	1		1	1		1	1		1	1	1	11	480	
2	84	Rebecca	Flanagan	2	2			1		2	1	3	3		2	3	1	10	463	
3	65	Ellamae	Gibson	4	3	3	4	5	3	5	4		5		4	4	2	2	13	441
4	86	Sophie	Marshall	3		4	3		2	3		4					3	3	8	440
5	68	Zoe	Baistow	5	4	9	5	6	4	7	5	8	9			8	5	6	13	424
6	51	Chloe	Law		5	8				8	6	7	8		5	9	7	7	10	411
7	58	Molly	Holder	6	7	10	6	7		10	7	9	11		7	10	8	9	13	407
8	69	Hannah	Thom			7				6	3		6			7	4	5	7	368
9	57	Manon	Dark		6			4		9			7		6		6	8	7	360



[illegible]



Well, we are another 12 months on and I am starting to get the hang of this webmaster lark, although there have been times when I wasn't quite so sure. I very quickly realised after volunteering to start the website why most people tend to stay clear of such ideas; and the rest appear to be suffering from a lack of sunlight!

After many late nights, I had pretty much grasped the basics, only to find that we would need to host the website through a different service provider. My 'mentor' Paul Wood from Ilkley Harriers and Speedyweb, thought that this would provide an opportunity to improve my page format as we moved the files across. And so began the slow and tedious process of updating all of the pages and links. At some point Paul mentioned the words 'case-sensitive' but I must have missed this,

because on the day of the big switch-over, more than half of the files and most of my photos failed to open! Weeks later and I was still trawling through the pages updating filenames one by one.

Thankfully that is all a distant memory and whilst I have not yet managed to do all of the things I had planned, I am managing to get the results and championship positions updated in good time. The website has brought a great deal of information into the homes of many people from within the sport and beyond, and this has been evident in the number of hits which have more than doubled this year to more than 45,000 visits and a massive 850,000 page views.

Now that I have got the basics sorted out, I can start looking at ways to make the website more interesting, with special features, history and past results. Unless there are any other shocks around the corner, I am also hoping to add some more competitions and sponsorship deals, and develop junior pages, with runner profiles, race accounts and whatever else you want to see.

Recently I spoke with Paul and he said he had some ambitious ideas about how I could display the results even better through an interactive database. It sounded like a great idea if not another huge challenge. I'm sure he didn't use the words 'case-sensitive', so I might just be OK.

Tim Done



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U	I	A	R	L	S	T	O	N	N	S	O	T	T	T	F
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S	W	I	C	Y	A	S	B	M	E	U	Y	T	G	A	D
S	T	R	O	P	S	E	D	I	S	E	L	B	M	A	G

WORD SEARCH

Find the hidden names of BOFRA races in the grid below

Sedbergh	Ambleside
Coniston Gullies	Farleton Knott
Kettlewell	Gargrave
Helm Hill	Muker
Kirkby Gala	Reeth
Alva Games	Burnsall
Hawswick Dash	Embsay
Cracoe	Wasdale
Ambleside	Rylstone



CAPTION COMPETITION

What is going on ??
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Thanks to the following individuals who have contributed to this booklet:

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