

SQUARE WASPS



KNAVESMIRE HARRIERS



KNAVESMIRE HARRIERS CELEBRATE 25 YEARS

1979 - 2004

*Back cover: Knavesmire Harriers: the first race 20 January 1985
Picture, The Evening Press, York*

SQUARE WASPS

KNAVESMIRE HARRIERS

25 YEARS OF A YORK RUNNING CLUB

1979 - 2004

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Front cover: *Knavesmire Harriers at Stillington,
York and District Summer League race 20 July 2004*

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Why run?

- It's simple...can be done anytime...the freedom it gives...not much co-ordination needed...and if you put in the work you get results (*Ian Anderson*)
- To achieve something (*Susan Adams*)
- Always one to pick up a challenge...and I love to socialise and travel (*Maureen Adams*)
- To get fit (*Neil Holdsworth*)
- Working your body hard is like being with the gods (*Richard Gott*)
- Making friends from all walks of life and all ages is brilliant (*Brian Latto*)





...and why run with Knavesmire?

- I suddenly found a group who enjoyed the things I did...the sort of people I wanted to spend time with (*Neil Holdsworth*)
- Whatever your standard you're part of the friendliest team when you run with the square wasps (*Malcolm Fawcett*)
- Proud I've had some of my best times with Knavesmire. Some of those I've met will be friends for life...the club will always be with me (*Lisa Guscott-Trout*)



Fiona Strange, Horsforth 10K 2002
Credit: Ken Kaiser

Club origins and growth

It all began under a tree on the Knavesmire. Or so the legend has it. Since a boy Brian Hughes had an interest in sport - gymnastics, jujitsu, karate - and even a little sprinting. In July 1979 his son was born. What with the demands of work and family he was unfit and, through The Knavesmire pub, was happy to meet Ray Wilstrop. By October they were running round the Knavesmire, up to eight miles by the following summer.

They continued running and by 1981 a few others had joined, some from the karate club where Brian taught as a black belt. He tried to support their running by staying back with them. With the group growing it was time to get more organised. 'To join the Amateur Athletic Association we needed a Chairman, Secretary and Treasurer. There was only Ray and myself so we asked this guy in the pub if we could put down his name as Treasurer.'

The London Marathon began in 1981 and made a big impression on runners. Getting accepted wasn't easy even then, applicants queuing early in the morning at the Post Office Sorting Office: the first 100 applicants to get their letter stamped with a York postcode got accepted. But, with many more than 100 in the queue, Brian didn't get a place till 1983.

Meanwhile Brian, Ray and friends decided to call themselves Knavesmire Harriers, initially with blue and white vests. There were few races though the York half marathon was entered in 1982, Brian completing in 1:33. By 1983 the club had around twenty members, and was enjoying a higher profile. A letter was sent to the press urging organisers of the York half marathon to provide finishers with a medal. This generated support from other clubs, and led to a successful campaign. The club also pressed for a tartan track at Ryedale Stadium, and contributed to its cost.

Linda Schumacher recalls the club in 1984. Sunday night was club night, members paying 50p subs. a week, with warm-ups on the old Scout Hut floor in Lorne Street, behind St Chad's Church in Campleshon Road. Later they moved to changing rooms on the Knavesmire with subsequent moves to Oaklands School, and Dringhouses Sports and Social Club. Members trained alone during the week, with a weekly club run along the cycle track. There were no formal club meetings, and members entered races together.



Club members in the early 1980s: John Spark, Mark Rushworth, Martin Barrow, Brian Hughes, Alan Stephenson, George Debnam, Ray Wilstrop and Berni Lyons

In 1985 Knavesmire set up its own race, subsequently known as the Brass Monkey, setting off from the club house. Its popularity grew year on year, was regularly oversubscribed, and developed into a highly rated race. Appendix D lists race winners and record holders.



Knavesmire Harriers circa 1987

Joining around 1985 Chris Buckley became part of a female team - including Sue Henderson, Sandra Broadhead, Jacqui Finney and Carolyn Hunter-Rowe - that won many Yorkshire races. Chris recalls exercising with other club members: 'It was a social experience at first, and then I became more competitive with more races. I loved road running in those early days as I was always trying to beat my time. That feeling stayed with me till I reached my peak, and realised I couldn't run any faster.'

Richard Gott first wore the vest in 1989. The club was still small and informal with some 35 members: 'We'd train on Wednesday evenings with faster ones running back for the slower ones. Meetings followed over a drink and we'd distribute race entry forms and plan the week and month ahead: who was going where, how they were getting there. If we weren't racing at the weekends Brian would organise long runs from his home in South Bank Avenue. We'd go off at a steady pace along the old railway line towards Stillingfleet, returning to Brian's for toast and marmalade and a cup of tea.'

Neil and Fiona Strange had run independently for a few years, and were impressed by Knavesmire teams at the Kippax Harriers Rat Run. They'd been improving and wanted to join a team, as Neil recalls: 'We'd noticed Chris Buckley and George Debnam getting into the prizes, and it was nice that we could pick really

good running partners as friends. It took a couple of years of hard training with the likes of George, and John Oliver, before we could break into the fast group. I really enjoyed running with George and learnt to give 100%, to put the miles in, do the hills. George would do 100 miles a week, while I'd do 50 or 60.'

Peter Buckley enjoyed the atmosphere and friendship of the small club too yet soon wanted more than road running, persuading Knavesmire to join the West Yorkshire Cross Country League. This attracted Knavesmire's juniors and they did well, coached by Peter, and Barry Atkinson. Some - Sean Morris, Paul Nield, Rob Berryman and Andy Carling - progressed to the Ryedale track.



Sean Morris, Andy Carling and Paul Sumner

Meanwhile Barry and Peter were among those interested in fell running. Peter recalls the six mile Ingleborough race as 'tough, but exciting. We ran into mist, sometimes going up on hands and knees. I was 35th at the top, but 400th at the bottom as I didn't like running down the hills!' Barry was to be a consistently fast and versatile runner over twenty years, latterly winning silver medal (over 45 category) in the Yorkshire Vets Fell Racing Championship in 2004.



*Barry Atkinson,
Gisborough Moors Race 2002*

The club runs on road, cross-country and fell, with a training schedule that currently includes steady six mile runs on Monday and Wednesday evenings, with speed work twice a week at the university track supervised by coach Pete Schofield. There are longer runs at weekends when



there are no races. From May to July a series of 10K events - the Summer League - is held on alternate Tuesday evenings in the locality with six to ten clubs competing. The club enters regional and national road and cross country competitions including the North Yorkshire and South Durham Cross Country League. Championship medal winners for 1993-2004 appear in Appendix B.

By 2004 club membership had risen to 180. While some runners, such as Ladies Captain Lisa Guscott-Trout, have run since primary school, many start in their thirties or forties. Or later! A committee

is elected annually to progress business with bi-monthly general meetings and occasional socials, including an annual club dinner. There are monthly designated regional runs which all members are encouraged to enter, swelling events with yellow and black vests! Annual Knavesmire trophies are awarded to runners in various age categories based on overall positions in these monthly races.



*Jayne Fligg and Sue Igoe,
Rothwell 10K club race 2004*

Brass Monkey

Brian Hughes recalls few races in the early days and this was a reason why Knavesmire decided to organise its own. Police set a maximum of 125 runners, and 117 completed a 20K race from the club house in Lorne Street on 20 January 1985. It was a cold day and an eventful start with Brian and Ray Wilstrop pushing the lead car from the ice before racing themselves. The race, pictured on the back cover,



*Brass Monkey 1999
Picture, The Evening Press, York*



Brass Monkey 2001

Picture, *The Evening Press, York*

was won by Rob Burn (31), a herdsman from Bagby, running for Thirsk and Sowerby Athletic Club, with Debbie Banford (28), a York City Hospital nurse, winning the women's title. It was the first major race for Knavesmire's Linda Schumacher who, encouraged by Brian Maude playing *Bat Out of Hell* in his police car, finished in 2:08 and was presented with three brass monkeys.

Linda and friends prepared refreshments for subsequent races, boiling water in a Baby Burco and using a pasteboard for a table. Runners received a free cup of tea, with crisps and Mars bars to purchase. Subsequently the club bought a tent, and a two-ring camping stove appeared from Malcolm Fawcett's garage. Now hot

Brass Monkey 2004

Picture, *The Evening Press, York*





Brass Monkey 2003 Picture, The Evening Press, York

chocolate was on offer too! From 1986 the remeasured course was named the Brass Monkey half marathon, its popularity growing over the years with entries increasing to 250, 500, then 1000. In 2005 permission was given for 1200 runners, a figure reached 15 days after entry forms were posted on the internet.

A twelve month half marathon. That's the story of organising the race, as told in the club newsletter *Monkey Business* edited by Dom Collins. Planning for 2004 started in January 2003 with directors Tricia Hawkins and Mike Cross assessing lessons from the 2003 race. Then there were risk assessments for UK Athletics, health and safety assessments for City of York Council - and securing permissions from the Highway Authority, York and Selby Councils, North Yorkshire Police, and York Racecourse. From June there were bi-monthly meetings with team leaders, identifying personnel required and ordering sweatshirts. By the autumn the focus shifted to other issues: parking, radio communications, sponsors, publicity, budgeting, scaffolding, St John's Ambulance, entry forms and race numbers.



Front page of 1986 Brass Monkey flyer

A lot of work and worry for Mike and Tricia. So why do it? Tricia likes Knavesmire's association with the race. She hadn't been able to run for a while, yet wanted to be involved and contribute to the club. And Mike enjoyed the camaraderie. They were generous in their praise for unsung heroes such as Andy Neale - man for all seasons - Andy Booth, responsible for on-course signage, and Peter Gold and Matthew Turner, previous course directors. And there's pride that North Yorkshire Police regard the race as 'one of the best organised events in York, if not North Yorkshire.'



*Tracey Morris breaking the women's record in the 2004 Brass Monkey
Credit: Andy Sumner, Valley Striders*

Unsung heroes

Like most clubs, there are numerous unsung heroes who appear week after week, year after year, to provide refreshments, as well as other practical support, plus applause and enthusiasm. Some of these 'supporters' are also runners, while others have run themselves but have had to stop because of injury. Friends and relatives of runners (such as Barbara Fawcett), some of whom subsequently go on to take up the sport, are also invaluable.

Before she ran, Dorothy Holden found herself acting as stand-in for husband Frank so that he could run the Brass Monkey: 'I had to go and make tea with Linda in a tent on the top of the Knavesmire, and trying to put the tent up in a howling gale was incredibly difficult ...we used to have a little primus stove and boil the kettle and make tea for everybody as they finished.'





In 1993 Linda Schumacher directed operations in spite of a broken leg, roping in family and friends to help. No one escaped; the milkman provided lead vehicle, carrying the clock and supplying the milk. Linda's children helped with teas. Today, Maureen Adams is a regular and stalwart supporter at races, holding coats and other paraphernalia for sundry runners, but readily admits that, after years of running, simply watching can be boring, unless you make the effort to learn the names of some of those participating.

Support extends beyond the immediate boundaries of the club itself. Every year, Knavesmire supplies a posse of strong (and less strong) marshals for the London Marathon. A dozen or so club marshals lug heavy crash barriers into place near the Tower Hotel, stand for five hours or so deterring the crowd from crossing the course, and then drag the barriers back to their original position. On the strength of this experience the club occasionally marshals shorter charity runs such as Cancer Research UK's Race for Life, and the British Heart Foundation run in 2003.

Many club members run races from time to time for various charities. One group of members within the club, however, consistently combine their running with fundraising activities, as well as training new runners, some of whom then move on to join the Harriers. For nine years, Brian Hughes ran the Great North Run dressed as Paddington Bear and every year an assortment of bunny girls, nurses and pirates, weighed down by buckets of coins, entertain the crowds in the name of medical research.



*Brian Hughes and Paddington Bear
(Frank Holden)
Picture, The Evening Press, York*

Fifteen years ago, Frank Holden ran his first London Marathon in aid of the medical charity known now as Action Medical Research. Later, when Dorothy had herself taken up running and achieved a half marathon, she realised that while she had had the support of Frank and the club, many people hadn't a clue how to start. The inspired idea of helping such people, as well as making money for charity, was born. Subsequently the charity has benefited for years from the dedication of a small group of people who in early spring each year take a group of relatively new runners and, through planned sessions over a period of several months, produce people who succeed in staggering triumphantly across the finishing line in the Great North Run half marathon. Moreover, a sizeable proportion of these new runners join the Harriers.



Derek Elliot

Each year the club organises the Derek Elliot predictor run and social in memory of one of its former members who contributed much to Knavesmire. Donations go to the British Heart Foundation.



Memorable races

Many runners have memorable races. Carolyn Hunter-Rowe has had a few in an outstanding career with world track records at 25 mile, 30 mile, and 50K where her time of 3:18:52 at Barry on 3 March 1996 still holds. She also won the European 100K championships in France in 1996 in championship record time, and got five British vests while a Knavesmire member.

Carolyn Hunter-Rowe: first woman home in the Brass Monkey 1997



Chris Buckley recalls one year 'the club wanted George Debnam and I to run the Brass Monkey as we were potential winners. Kath Drake, an excellent runner from Spenborough, was my main competitor having beaten me in a number of races. It was brilliant having the whole club cheering me and, with all the support, I managed to win. That was nice. There was just seconds in it - and I don't think I beat Kath in any other race.'



Sue Adams completing her 100th marathon, Langdales, 2003

Fiona Strange recalls Wilmslow in 1995 where, with Carolyn Hunter-Rowe and Michelle Waddington, she won a silver medal in the AAA Half Marathon Championship. For Sue Adams there was the emotion of her first Lyke Wake race, running into her home village of Osmotherley - and also her 100th marathon 'with my sister and many from

the club making it a perfect weekend in the Langdales. I was stressed the week before in case I injured myself and let everyone down though by the Friday I felt blasé: I just had to get around.' In joining the 100 Marathon Club Sue was following in the footsteps of Steve Boynton and her husband Paul.

For Neil Strange it's the North Yorkshire Relays at Thirsk where 'George Debnam set off on the last leg, about half a mile behind the other runners. He caught them, and passed them. Everyone just stood and applauded, having seen nothing like it. That was something else. Brilliant!'

Ian Anderson had run a couple of marathons when he read of the London to Brighton race organised by the Road Runners Club. He has a cautionary story of subsequently going alone to the



Netherlands to run a 100K race. He wanted to beat one or two of the British team so that he too could join the team one day: 'It was 30°C and I couldn't absorb enough water. About half the team dropped out but I wanted to keep going, and finished around thirtieth, the third British runner to finish. Felt very ill afterwards and ended up in hospital. It was scary, especially when you have no one with you. It made me think: is this sensible?'

Ian continued training alone and regularly encountered a Knavesmire group on the hill at Water End. It was here that Brian Hughes cornered him (as he's cornered so many) and persuaded him to join the club. Ian's ultra running developed, and he emerged as club record holder for both 100K as well as the marathon. He represented the British and Northern Irish 100K team in the European 100K championships in 1999, the World 100K championships in the Netherlands in 2000, and Belgium in 2002.



*Phil Dick and Ian Anderson,
Yorkshire Cross Country
Championships,
Guiseley, 2003*

The Three Villages, near Pocklington, was a very different race. Maureen Adams ran at the back close to an ambulance that was so noisy she and her friends couldn't hear themselves speak. They were applauded at the finish, delighted to find they had won the Ladies Team Prize - the only team entered!

Marathons



Ray Wilstrop and
Brian Hughes,
Grimsby marathon 1981

For some the most memorable race is a marathon. Brian Hughes speaks of the basic footwear he and Ray Wilstrop wore in the early 1980s: 'We wore ordinary trainers. Silver Shadows came into the shops and we thought them wonderful. Then I got a pair of Puma shoes with rubbery soles - and ran the Grimsby marathon in 1981 with Ray Wilstrop. We wore long socks and knee bandages - and looked buggers. There was a gale force eight, so bad the Humber Bridge was closed to traffic. The bridge swayed, trees bent. At 20 miles I found a lad eating a ham sandwich which I pinched, and ran on. Around 23 miles the skies opened; it was freezing with massive hailstones. My

big toe came through the shoe, and then the foot came out as the hole got bigger. Later I was going to throw the shoes away but Alan Stephenson said there was lots of life left in them, and used them for six months.'

Availability of good quality equipment in York was met in the early 1980s by Barbara and Malcolm Fawcett. They had a shop available in Acomb and devoted it to the needs of runners. For a number of years Barbara managed *Sporting Feat*, stocking the main brands of shoes and *Running Magazine*. Barbara and Malcolm thus became familiar with many local runners, and invited stalwarts of Knavesmire Harriers to picnic lunches at their home in Green Hammerton, a relaxed conclusion to Harrogate 10K summer races.

Neil Holdsworth recalls entering Edinburgh's Meadowhall Stadium with friends in the stands. 'As I came round the corner onto the track a commentator urged applause. I was so relieved there was



only 100 metres I sprinted, bouncing past this lad. It felt fantastic. The tartan track was lovely after 26 miles of road. Even now when I think of that time I say - yeah! I've still got something in my legs. I can do it!

It was roasting when Mark Sullivan did the New York marathon in 1990 but 'great fun, and I thought: that's why people do marathons!' New York was vivid for Michelle Atkins too, as was Florida Disney. 'New York was so hard but the company and break was wonderful. My first Disney race was with Linda Schumacher. We were both unwell as we set off from different pens. The skies opened and it poured at 14 miles, marshals urging us to walk as the roads were so slippery. I caught up with Linda, and we crossed the line holding hands in the air, looking like drowned rats. We've gone back. Well worth it for the huge medal!'

Club member John Wagstaff lived in the Midlands, running with Tipton Harriers: 'My marathon Personal Best (PB) was in Wolverhampton in 1983. It was a local race, and I was a local boy, running well. Running was a growing sport and people were taking an interest. Parents and friends were there to support, and a group of lads from the club shouted the last few miles to make sure I didn't ease up and coast in. 2:19 didn't seem special then though looking back I'm quite pleased with it.'

London Marathons

Malcolm Fawcett's most memorable race was also back in 1983: 'I saw Barbara at six and at 18 miles when I knew I was going to crack the three hour barrier I had trained so hard for. I was running on the clouds, absolutely overjoyed. Those last eight miles felt so easy, knowing I was going to achieve what I wanted. When Barbara got to the finish I was laid on the grass, a young lady

Sandra Broadhead, London marathon 1988



rubbing my calves to get rid of cramp. I was euphoric, a different story from the previous year when I struggled over the last half of the race, quite ill at the finish and laid out over a pile of bricks.'

Margaret Sharkie enjoyed London too: 'I didn't know I could do it. A real achievement. It was the hottest London ever, and they ran out of water. We went into pubs for drinks, and took photos round the route.' Linda Schumacher ran with Maureen Adams who 'was so excited she even counted the balloons. By 21 miles I was losing the will to live!' Meanwhile club secretary Jean Snelling was chuffed at knocking half an hour off her time in 2002 and 'ran every single bit of the way!'



Maureen Adams and Margaret Sharkie, London Marathon 1996 Credit: Action Photo UK

For Neil Strange it was breaking a club record with a time of 2:40:14: 'I knew I was going to do it with a couple of miles to go. Fiona and our young daughter were watching outside Buckingham Palace. A fantastic feeling when you know you're going to break your PB by three minutes. All that training put to good use, driving hard, knowing you've achieved.'



Mishaps and adventures

Before my first London marathon in 1983 I stayed in Guy's Hospital students' quarters. I couldn't sleep, burning from pasta, running the race in my head. My room mate slept on the floor, next to a box containing a skeleton. As he snored I set the skeleton up on the sheets, making sure I was out of the room when he woke, surprised I'd lost so much weight!

After the race I had a huge blister from heel to the front of my foot, hanging like a sack of blood. My friend Nigel, a medical student, said he'd get some other students to have a look. Told me to have a bath in a spooky, large room with a huge Victorian bath. A while later he knocked and entered with twenty students - girls and blokes - grabbing and pulling my foot. Oh, what a beauty!

Brian Hughes

We went out to Bulmer for our Sunday run, parking in a lay-by opposite the post office and tea rooms. Jim Mayo, who was a bit daft, sat in the car wearing a full face rubber mask. Soon the police arrived as old people in the nearby bungalows thought he was going to rob the post office. The police didn't take him away though we rather wished they had!

Fiona Strange

I needed my spikes at the start of the North of England Cross Country championships at Manchester, but we'd lost our car keys. I went to the start line as Fiona looked for them. Just as the race was due to start she



Rubber mask

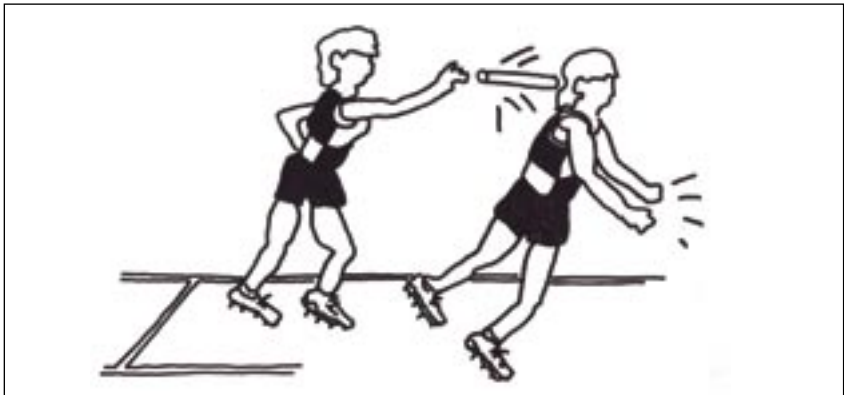
ran onto the field with the spikes, trying to delay the race. The official told her to get out of the way as 1,500 runners looked on and cheered. The race began and I was left to put on my spikes. Setting off on my own I found Richard Gott 50 yards ahead, waiting for me, and eventually caught the main pack.

Neil Strange

We've been at the university track around twenty years. It's an open house with lots of Knavesmire Harriers. At first there were no floodlights, so we'd take car batteries down, and make spotlights. There were several calls from the police as motorists on Heslington Lane got dazzled.

After a long summer of speed work at the track we did a 4 x 400 metre relay with changeover boxes. There were runners from different clubs with a husband and wife in one team (not Knavesmire) whose changeover went horribly wrong. The baton was dropped and the woman picked it up and threw it at her husband. Just as well it wasn't a javelin as it would have ended up in his back! Later she stormed off one way, he the other - the end of their team.

Pete Schofield, club coach



Baton change



Falling off bridge

I can never run in a straight line. Full of ale. It's a brave person who'll follow me. And I'm scared of the dogs, and try and run behind the lasses.

Andy Neale

It took four phone calls to get Andy Neale - drunk in the pub! - to agree to go down to the National 12 stage championships at Sutton Park, Birmingham. Next morning he was on the coach, I got him there - and he enjoyed it!

Richard Gott

As my eyes adjusted to the light of the National Exhibition Centre at the end of the City of Birmingham marathon I was aware of a figure running to my left. Just as I was about to push him away I realised it was Steve Cram who had been asked by the sponsors to run to the finish line with the winning runner.

John Wagstaff

Fell head first off a bridge on the Baildon Boundary Way, into a six inch deep stream. Then ran the last mile, unaware of blood streaming down my face, vest and legs. Found my way to Accident and Emergency at Leeds General Infirmary where my head was glued.

Graeme Adams



Ingrid Sugden and Jean Snelling

I was training with Action Research on the Knavesmire where there used to be horses. Ken Tinker and John Dowson were watching and, as they shouted at me, a horse next to them shied away. I changed direction and hit the post having collided with the horse's haunches and burst lots of blood vessels. I was taken to hospital along with Graeme Adams who'd also run into the horse.

A few years ago I was running with Gail Wadkin at Kilburn. We ran past a field with lots of cows, prompting Gail to exclaim 'Oh look! Even the cows are clapping for us'.

Jean Snelling

One night Ian Tillett didn't get back to the club with the rest of us. When he finally returned he had a goose tucked under his arm. A car had hit it, breaking its wing, near the Castle Museum. He took it home, put it in the garage and rang the RSPCA, thus saving the goose.

Dorothy Holden



Nearing home after a long training run on my own I heard a scream. A woman was hysterical outside her home, the problem her cat Tiddles. I was reminded of a Tom and Jerry cartoon, Tiddles spread-eagled on the drive, stiff as a board. She wanted it buried in the front garden alongside her two previous cats. But she was in such a state she couldn't do it herself and wanted me - a stranger - to bury Tiddles. So we went into the house for a spade, me all sweaty, back to the garden and dug a hole. She wanted the cat placed in a blanket in a plastic bag but I couldn't get it in the bag. I had to bend the cat without her noticing. I had a horrible feeling she'd ask for a prayer at the committal. Well, she didn't do **that** but she did fling her arms round my neck! All highly embarrassing...

Brian Latto



Coco the clown

Forgot my shoes at Beverley 10K. A man parked nearby offered me a pair. They were much too big so I stuffed them with tissue - and ran like Coco the Clown.

Linda Schumacher



Changes and challenges

Both club and its members have had to adapt to change. For some it's from competitive to less competitive running. Others - such as Chris Buckley, Dot Wagstaff and Frank Holden - have branched into triathlons, partly for a new challenge, partly as some consider it results in less injury. However they acknowledge the role of Knavesmire in their sporting development. Dot Wagstaff, who joined the White Rose Triathlon Club, completed the Iron Man championships in Hawaii in 2004, and praises Knavesmire 'for the training and support, running back for you. That brought me along a lot.'

Malcolm Fawcett was advised to cross-train with a Concept 2 indoor rowing machine. He soon entered competitive events and now holds two world records, winning five of six events in the 2003/2004 Grand Prix series.

For the club there are challenges too: how to support new members? would a mentoring scheme be helpful? how best to retain members? how to attract younger members? how best to meet the needs of all members? These are the kinds of issues that the club grapples with, as do many clubs.



A runner's story

Richard Gott grew up in Tadcaster where his father was river bailiff for 50 years. After running at the Grammar School he settled for wine, women and song at college. Returning to Tadcaster he met Knavesmire runners Steve and Gill Boynton, and decided to join the club in 1989, wanting to wind down after work, and keep fit. He soon became an enthusiast: 'Running I feel like one with nature. Occasionally I hit the zone: running hard, flowing, floating. I experienced this in 1995-6 at the Loftus Poultry race when I was first man home, at Bridlington when I ran my best 10K and in the latter part of my best half marathon at Wilmslow. And have been trying to return to this ever since!'

For Richard the social side of the club is rewarding, 'friendship supporting my work and personal life. People accept me for the person I am. The biggest buzz is getting the fastest lads to a championship race, to give their best. And it's also nice being part of a club that helps members of different abilities to reach their potential.'

He believes running has saved a lot of lives including his own. And there is always a role for injured members, those unable to run. Former members turn up to help at the Brass Monkey, as much part of the club as those who do the running. Richard has served as club secretary, chairman, and men's team captain. He's a team player, organising marshals for the London marathon: 'Knavesmire is a family to me. The vest is my flag. And I wear one vest!'

Richard Gott *Credit: Rich Kenington*



Epilogue

Neil Holdsworth, Club Chairman

‘So, you don’t smoke, you don’t drink and you run 50-60 miles per week. How do you enjoy yourself?’

Anon at dinner party

‘It is painful to run badly in bare feet, but that is why barefoot runners learn not to run badly.’

Ken Saxton, running guru

These two quotations, the first from someone I met at a friend’s dinner party and the second from a leading advocate of barefoot running, have helped shape my thinking about how the club should move forward into its second quarter century. The first is all about reaching out and converting the unknowing, and the second about remembering what we are all about and getting back to basics.

But first, some more history...

Human beings have always been runners. In the age of hunting and gathering humans ran to catch game and to escape from predators. In the days of non-mechanised transport some probably ran to get about more quickly than by walking. Perhaps, just perhaps, people in bygone days ran because it made them feel good.

In the 20th century the car and other forms of propulsion allowed many to forget how to walk, let alone run. Those that dared to run in public not so many years ago had to suffer a barrage of jeers and catcalls, deterring many. The child of the late 20th and early 21st centuries, addicted to computer games and protected by parents fearful of molestation and abduction, is less active and far more likely to be overweight than children of simpler times.




Paradoxically, the growth of global communication in recent years has allowed worldwide audiences to thrill at the achievements of top-class athletes. The amazing growth in popularity of the marathon, driven by cities such as London and New York, has made it acceptable to be seen pounding the streets in vest and shorts. In the very recent past there's a realisation that obesity, especially among children, is a health time bomb waiting to explode.

We are, in short, at a crossroads. The majority still cling to the views of my sceptical acquaintance who, over dinner, could not understand how I could argue there was any joy in my nicotine and alcohol-free life of running. The fact I get pleasure from feeling alert and well all the time, and great satisfaction from running with others of like mind, was lost on her. The thing is, and this is why I don't name the woman, she was seriously overweight, had yellow skin and looked at least 15 years older than I was assured she was.

How do we reach out and convert the apparently unconvertible? How do we get across the message that running isn't all about training till you drop? That it isn't cross-country at school all over again? That there is joy just in being healthy?

That is our first challenge. We need those doubters out there to come and join us. From a self-interested point of view because we have a constant turnover of members as they move away or, heaven forbid, are no longer able to run. From a wider perspective because we have some of the answers to the health problems that our nation faces and we have something good to offer. How to do it? How do we attract people to us, be they hitherto couch-potatoes wanting to get fit or lifelong athletes who want to contribute to, and share in, our achievements?

Much of the answer lies in the second quotation. I don't mean that we should all run barefoot: even I don't think that would attract much new business! The way I interpret this is that we have to get back to the basics of what we are all about, a club that celebrates running. That means going faster than other people, competing and



striving to improve ourselves. We have to be ambitious and set out to win titles as individuals and as club teams. When we do that the ripple effect of Olympic and marathon excellence will happen locally. People will want to join us because it is human nature to want to be associated with a winner – nothing breeds success like success.

I'm not saying that only race or medal winners will be welcome. Just that success generates feelings of confidence and achievement in all of us. It inspires the rest of us to try and improve our own times – to be the best we can be. Success in competition will form the basis for our future, attracting those who are already good runners and those who aspire to be better. It will also draw in those who love running and want to be associated with a successful club. As part of our duty to spread the word to our less active friends it sends a message that there is something worthwhile in what we do.

Our first twenty-five years close on a club with excellent runners, a hugely popular half marathon in the Brass Monkey, and an enviable reputation locally and nationally. Let's pull together and build on that success.

Come on Knavesmire!!!

Appendices



Appendix A

IN THE CHAIR

1979 - 1990 Brian Hughes
1990 - 1992 Peter Buckley
1992 - 1994 Ian Hampton
1994 - 1999 Richard Gott
1999 - 2003 Mark Sullivan
2003 - Neil Holdsworth

Appendix B

KNAVESMIRE HARRIERS CHAMPIONSHIP MEDAL WINNERS 1993 - 2004

1993

Yorkshire Half Marathon: Sara Carson (Bronze)

North Yorkshire Road Relay

Men (Gold): Jim Mayo, Andy Capel, Paul Turner, George Debnam.

Women A (Gold): Jacqui Finney, Michelle Waddington, Chris Buckley, Sue Hampton

Women B (Bronze): Fiona Strange, Susan Adams, Colette Waite, Yvonne Adams.



1994

Yorkshire 10 Mile: Carolyn Hunter-Rowe (Silver)

North Yorkshire 10 Mile: George Debnam (Gold)

North Yorkshire Road Relay

Knivesmire Men (Gold): Paul Turner, Neil Strange, Barry Atkinson, George Debnam

Knivesmire Women (Gold): Fiona Strange, Sue Hampton, Jacqui Finney, Michelle Waddington

Yorkshire Half Marathon

Men: George Debnam (Gold) - **Team (Gold):** George Debnam, Neil Strange, Paul Baker

Women: Jacqui Finney (Silver) - **Team (Gold):** Jacqui Finney, Julie Barnie, Dorothy Holden

1995

AAA Half Marathon

Carolyn Hunter-Rowe (Bronze) -Team (Silver):

Carolyn Hunter-Rowe, Michelle Waddington, Fiona Strange

North Yorkshire Road Relay

Men (Gold): Neil Strange, Andy Capel, Jim Mayo, George Debnam

Women (Gold): Michelle Waddington, Chris Buckley, Fiona Strange, Carolyn Hunter-Rowe

North Yorkshire 10K

Men: Neil Strange (Bronze)

Women: Carolyn Hunter-Rowe (Gold), Michelle Waddington (Silver), Fiona Strange (Bronze)

1996

Inter County 20 Mile: Carolyn Hunter-Rowe (Gold)

Yorkshire 10 Mile

Men: George Debnam (Gold) – Team (Gold): George Debnam, Jim Mayo, Stuart Newby.

Women: Carolyn Hunter-Rowe (Gold)

Yorkshire Half Marathon

George Debnam (Gold) - Team (Gold): George Debnam, Jim Mayo, Stuart Newby

North Yorkshire Road Relay

Women (Silver): Chris Buckley, Sandy Newby, Jane Witty, Gill Boynton

Yorkshire 15 Mile George Debnam (Gold)

1997

Yorkshire Half Marathon Jim Mayo (Bronze)

North Yorkshire 10K

Men: Jim Mayo (Silver)

Women: Fiona Strange (Gold)

North Yorkshire Road Relay

Men (Silver): Jim Mayo, Andy Booth, Stuart Newby, Steve Boynton, Neil Strange

Women (Gold): Angela Tooby-Smith, Michelle Waddington, Chris Buckley, Gill Boynton, Fiona Strange



1998

North Yorkshire 10K

Men: Neil Strange (Silver)

Women: Bev Hodgson (Gold), Chris Buckley (Silver)

North Yorkshire 10 Mile

Men: Neil Strange (Gold)

Women: Robyn Oldham (Bronze)

1999

Yorkshire Half Marathon (Brass Monkey)

Women: Angela Tooby-Smith (Gold)

Team (Gold): Angela Tooby-Smith, Chris Buckley, Jane Shelmerdine

Yorkshire Veterans 10 Mile

Men: Alan Beavers (Silver)

Women: Chris Buckley (V40 Bronze), Bev Hodgson (V45 Silver)

Yorkshire 10K

Team (Gold): Chris Buckley, Annette Wigglesworth,

Veronica Mackley

North Yorkshire 10K

Men: Andy Capel (Silver)

Women: Jane Shelmerdine (Gold), Chris Buckley (Silver),

Fiona Strange (Bronze)

Yorkshire Veteran 15 Mile

Men: Alan Beavers (V40 Silver)

Women: Jane Shelmerdine (V35 Silver)

Black Sheep Challenge Series

Malcolm Fawcett (V55 Gold)

Yorkshire Veterans Athletic Association Grand Prix
Malcolm Fawcett (V55 Silver)

2000

Yorkshire Half Marathon (Brass Monkey)

Men: Jon Pavis (Bronze) *ineligible for team counting

Team (Gold): Dave Chippett, Neil Strange, Andy Booth

Women: Jane Shelmerdine (Gold), Annette Wrigglesworth (Silver),
Fiona Strange (Bronze) also winning the Team Gold.

20 Mile Inter-County

Jane Shelmerdine (Bronze) and won Team Gold representing
Yorkshire

Yorkshire Veterans 10 Mile

Jane Shelmerdine (V35 Silver), Chris Buckley (V40 Gold),
Veronica Mackley (V40 Silver), Dot Wagstaff (V55 Gold)

North of England Road Relay

Team qualified for National Finals: Dave Chippett, Andy Capel,
Jon Pavis, Alan Beavers, Andy Bissell, Neil Strange

2001

Yorkshire Marathon: Mandy Clarke (Bronze)

National 100K: Ian Anderson (Silver)

Yorkshire Veterans 5 Mile: Neil Strange (Bronze)

British Vets Marathon: Pat Boden, Margaret Metcalfe,
Susan Adams (Gold)



Yorkshire County and Veteran 15 Mile

County Team (Gold): Alan Beavers, Neil Strange, Barry Atkinson
Alan Beavers (V40 Silver)

Yorkshire Veteran Fell

Men: Neil Strange (V40 Bronze)

Women: Chris Buckley (V40 Bronze), Bev Hodgson (V45 Gold)

Yorkshire Veterans Athletic Association Grand Prix

Overall winner: Neil Strange

Chris Buckley (V40 Silver), Bev Hodgson (V45 Gold)

2002

North Yorkshire Half Marathon

Men: Dave Chippett (Gold), Neil Strange (Bronze)

Team (Gold) with Ian Anderson

Women: Mandy Clarke (Bronze)

Yorkshire Veterans 10K

Bev Hodgson (V45 Gold), Brian Latto (V65 Gold)

Yorkshire County and Veteran 15 Mile

Neil Strange (V40 Bronze)

Yorkshire County Team (Gold): Neil Strange, Barry Atkinson,
Neil Holdsworth

Yorkshire Veterans Half Marathon

Malcolm Fawcett (V60 Bronze)

Black Sheep Challenge Series

Malcolm Fawcett (V60 Silver)

British Vets Marathon: Susan Adams (V50 Gold)

2003

North of England 12 Stage Road Relays:
qualified for National Finals.

Yorkshire Marathon: Ian Anderson (Silver)

Yorkshire Veterans 15 Mile: Neil Strange (Bronze)

Yorkshire Veterans Athletic Association Grand Prix
Men: Neil Strange (V40 Bronze)
Women: Jean Snelling (V65 Gold)

Black Sheep Challenge Series
Malcolm Fawcett (V60 Silver)

2004

Combined Yorkshire and North of England Cross Country
Fiona Strange (Yorkshire V35 Gold) and (North England V35 Silver)

Yorkshire Veterans Fell: Barry Atkinson (V45 Silver)

Yorkshire Veterans 10 Mile
Men: Barry Atkinson (V45 Silver), Neil Holdsworth (V50 Bronze)
Women: Jean Snelling (V65 Silver)

Yorkshire Veterans 5K
Mike McGrath (V50 Gold), John Wagstaff (V50 Silver), Ian Bithell (V60 Silver)

Yorkshire Veterans 10K
Neil Strange (V40 Silver), Malcolm Fawcett (V60 Silver)



Yorkshire Veterans 15 Mile

Anne Turner (V45 Silver), Ingrid Sugden (V50 Silver)

Yorkshire 20 Mile

Fiona Strange (Silver)

Appendix C

INDIVIDUAL CLUB RECORDS

MEN

10K	George Debnam	31:05
10 Miles	George Debnam	50:48
Half Marathon	George Debnam	1:06:38
20 Miles	Andy Capel	1:55:15
Marathon	Ian Anderson	2:36
100K	Ian Anderson	7:17

WOMEN

10K	Carolyn Hunter- Rowe	35:43
10 Miles	Carolyn Hunter- Rowe	57:43
Half Marathon	Carolyn Hunter- Rowe	1:16:06
20 Miles	Carolyn Hunter- Rowe	2:02:45
Marathon	Carolyn Hunter- Rowe	2:51:38
100K	Carolyn Hunter- Rowe	7:40:18

Appendix D

BRASS MONKEY MEN AND WOMEN WINNERS

- 1985 Rob Burn (Thirsk and Sowerby Athletic Club)
Debbie Banford
- 1986 Terry Lonergan (Leeds Valley Striders)
Chris Buckley (Knavesmire Harriers)
- 1987 Richard Butterfield (Leeds Skyrace)
Chris Buckley (Knavesmire Harriers)
- 1988 Dave Throup (Keighley Road Runners)
Kath Drake (Spensborough)
- 1989 Richard Butterfield (Leeds Valley Striders)
June Cowper (Imperial Athletic Club)
- 1990 Jack Brown (Ilkley)
Debbie Banford (Wigginton)
- 1991 Dave Throup (Ilkley)
Kath Drake (Spensborough)
- 1992 Dave Throup (Leeds City)
Denise Johnson (Leeds Skyrace)
- 1993 Trevor Wilson (Leeds Valley Striders)
Linda Lee (Leeds City)
- 1994 Dave Throup (Leeds City)
Carolyn Hunter-Rowe (Pudsey and Bramley)
- 1995 Trevor Wilson (Leeds City)
Sue Dolan (Imperial Athletic Club)



- 1996 Chris Bartle (Bingley)
Carolyn Hunter-Rowe (Knavesmire Harriers)
- 1997 Alan Beavers (Rowntrees Athletic Club)
Carolyn Hunter-Rowe (Knavesmire Harriers)
- 1998 Richard Simpson (Nestle Rowntrees Athletic Club)
Sue Carris (Bingley Harriers)
- 1999 Ian Fisher (Otley Athletic Club)
Angela Tooby-Smith (Knavesmire Harriers)
- 2000 Ian Fisher (Otley Athletic Club)
Alison Raw (Darlington Harriers and Athletic Club)
- 2001 Ian Malone (Ackworth Road Runners)
Emma Latto (Herne Hill Harriers)
- 2002 Ian Fisher (Otley Athletic Club)
Melanie Hayward (Road Runners Club)
- 2003 Ian Fisher (Otley Athletic Club)
Tracey Morris (Leeds Valley Striders)
- 2004 Ian Fisher (Otley Athletic Club)
Tracey Morris (Leeds Valley Striders)
- 2005 David Watson (Holmfirth Harriers)
Hayley Haining (Kilbarchan Athletic Club)

RECORD HOLDERS

Men: Ian Fisher (2000) 66:35
Women: Hayley Haining (2005) 73:31

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Every effort has been made to contact the original owners of all the photographs used. If there are any errors or omissions, apologies are offered.

