

# Vets Newsletter

Spring 2010

**THIS NEWSLETTER CONTAINS THE VIEWS, OBSERVATIONS AND OPINIONS OF THE AUTHOR WHICH ARE NOT NECESSARY THE VIEW OF THE CLUB.**

## Inside this issue:

Welcome	1
Picture Quiz	2
Results	2
Fixtures	4
Dennis Quinlan	6

## Welcome

Welcome to the spring 2010 edition of your newsletter.

I hope you managed to get through the very hard winter ok with no or few complications.

As I write this the trees are just starting to bud, the bluebells and garlic shoots have just appeared and the grass is starting to get height. I hope your training is starting to gain structure and depth.

Plenty of good races coming up, In particular the BMAF relays in Sutton Park Birmingham. Please could you forward your name ASAP to assist in the administration and organizing of this event? Same applies to the Millennium way on 13/06/10.

This is a great event, not fell, mixed terrain, in your own back yard with the race HQ at our own club house.

Please, please let me know if you wish to run, as much as I would personally like to ring every one of you it just is not possible. I don't care how fast or slow you are it is a team event, you can even specify who you would like to run with, I will help you with the recce.

If you do not enjoy it I will even

give you your money back! Move your fingers and send me an email NOW.

Bingley Harriers have been at the forefront of veteran athletics this winter, results below.

If I can be of any help, give guidance or advice, please ask.

Shifts mean it is difficult for me to get to the club or races but don't let this stop you being in contact.

I do watch the results and I am interested in your development as a vet.

*Thanks to Pete Jebb for the brilliant pictures.*

I have taken the opportunity of this newsletter to scribe a few words to an old friend; it is not complete but presents a tribute to the man I knew.

## Picture Quiz?



**Quiz: Name the above and place on the forum.**

“Fred Gibbs,  
Peter Covey and  
John Smithurst  
smashed the  
opposition”

## Results

### 24/01/10 Northern athletic masters open at Sheffield,

Mike Smith was 3rd in the 800 (indoors) and 4th in the 3000

### 09/02/10 - Yorkshire Vets cross country Championships - Sheffield

Sue Beconsall won the 0/50, 3rd overall, Ali Raw won 0/45s 4th overall, Andréa Dennison 2nd 0/45 5th overall, Marisol Carrera 3rd 0/40 in 16th overall.

The ladies won Gold in the 0/45 team category.

Fred Gibbs, Peter Covey and John Smithurst smashed the opposition in the 0/70 category to finish 1, 2, 3.

Gold in the 0/70s team  
0/60s team won silver, with Mike Smith taking a hard fought bronze

in the 0/65, Stewart Thompson running a solid 7th 0/60 and Bob Dover 5th in the 0/65.

Pete Pyrah ran 2nd 0/55 with Mark Westman an impressive 27th, no 3rd man due to injuries.

0/40 was won by Stewart MacDonald who also won the race outright beating Richard Harris (0/35) into 2nd.

0/40s team were silver with Stewart (1st) Martin Peace ran a good 3rd, Richard Balshaw a very credible 6th and run of the day from Phil Knight in 15th.

0/35s team also won silver, although we were level on points with winners Hull, we missed out on the count back.

Richard Harris backed up with a bril-

## Results Cont.

liant run from Steve Bailey in 4th and to complete the team, a solid performance from Simon Wright, who had driven up from Northampton to make the race and gave a good supportive run.

### 14/02/10 - northern vets cross country championships

At Warrington on Sunday 14/02/10 a team crossed the Pennines, leaving their box of chocolates and roses with their loved ones to put in a fantastic performance.

Sue Beconsall won the women's race outright along with the Fv50s title.

Stuart Macdonald was 2nd Mv40, John Convery was 2nd Mv45, Pete Pyrah was 2nd Mv55, Mike Smith improved on his Yorkshire bronze to win gold for a fantastic mv65 title,

These runners combined gave us a very impressive 1st over 40 team prize.

In the over 70s team there was an incredible 18 runners, Salford fielded 2 teams, but Yorkshire grit came through with Fred Gibbs 1st

Peter Covey 4th

Backed up by John Smithurst in 6th This of course gave them 0/70s gold

### On 01/03/10 at the World Masters Cross Country Championships

Held in Canada, Mike Smith finished in Silver medal position in the over 65 category.

He was also 4th in the 800(indoors) and 3rd in the 1500 in the world's master's indoor championships at Camloops, Canada

### Yorkshire vets grand prix race at Meltham 07/03/10

Paul Mitchell 41.26 1st Bingley runner

Jon Cordingley 42.41 3rd M50

Mark Westman 48.15

Marisol Carrera Viva 50.52 2nd F40

Peter Covey 52.37 1st M70

Michael Smithurst 54.14

John Smithurst 56.04 2nd M70

### British and Irish XC championships 13/03/10 at Stormont Belfast.

Mike Smith silver in 0/65s

Sue Beconsall Gold in f/0/50s

Fred Gibbs Gold in 0/70s

Pete Covey 4th 0/70s

John Smithurst was 8th

the 0/70s won the team prize.

### NVAC 10 mile road championships, St Annes.21/03/10

Bob Dover won the 0/65

Fred Gibbs won the 0/70

"Mike Smith improved on his Yorkshire bronze to win gold for a fantastic mv65 title"

## Results Cont.

### Some good results from the local races,

John Convery 1st 0/45 at Dewsbury 10k.

Richard Balshaw and Pauline Munro had good runs at Brass monkey half marathon.

Richard Balshaw on course for a good London with a fine run at Trimbell 20

Shaun Jordon ran first o/50 at Light-water valley 10k

Marisol Carrera was 2nd f/40. Andrea Dennison ran a solid 2nd place at Spen 20.

On the weekend of 24/03/10 Bingley were dominant all over the place.

Pauline Munro won the Ladies sec-

tion of the Baildon Boundary; Paul Mitchell had a good run for 10th.

Richard Harris had a stormer at Wakefield 10k in 33.15 for 6th. Fred Gibbs was first 0/70 in the same race.

Good to see the return of Simon Johnson with a speedy 17.33 at Littlebrough.

“Richard Harris had a stormer at Wakefield 10k in 33.15 for 6th.”

## Fixtures

### BMAF champ race details here

<http://www.bvaf.org.uk/fix/fix.asp>

### Yorkshire vet grand prix series and championship races

Details here

<http://www.yvaa.org/>

**York's 5k champs**, wed 05/05/10  
esholt (entries close 26/04/10)

**York's 10k champs** Sun 09/05/10  
Beverley (entries by 28/03/10)

### BMAF ROAD RELAYS 15/05/10 SUTTON PARK,

CONTACT ME NOW  
PLEASE!!!!!!!!!!!!!!

Blue ribbon event with brilliant course and fantastic atmosphere.

Tuesday 01/06/10 19.30 **Kirkstall (grand prix)**

**York's 5 mile champs** Thurs  
03/06/10 Haworth

## Fixtures Cont.

MILLENIUM WAY 13/06/10

CONTACT ME NOW, Details here

[http://  
stbedesac1.pwp.blueyonder.co.uk/  
index.html](http://stbedesac1.pwp.blueyonder.co.uk/index.html)

Wednesday 16/06/10 19.45 **Pudsey  
(grand prix)**

Sunday 20/06/10 **Bmaf 10k road  
champs Horwich**

Tuesday 22/06/10 19.30 **Meanwood  
(grand prix)**

This is only a brief guide, there is more info listed on the respected web sites.

### Social Fixtures

SATURDAY 5TH June 2010.

The Barn dance, live band, alive dancing, drink and food and good company.

If you have never been you are really missing out.

Tickets and info on the web site, forum.

Or

[adrian.netherwood@corsair.co.uk](mailto:adrian.netherwood@corsair.co.uk)

All profits go to ward 7 haematology unit BRI.

On April 24th Vets Steve Fry and Andy Nicoll are going to run around the Yorkshire 3 peaks in 24 hours.

A total distance of 72 Miles, climbing 9 mountains, with total ascent of 13500 feet.

Please support a good cause and a very brave effort.

[www.justgiving.com/3x3peaks](http://www.justgiving.com/3x3peaks)

“On April 24th Vets Steve Fry and Andy Nicoll are going to run around the Yorkshire 3 peaks in 24 hours”



# Dennis Quinlan



Thursday 18/03/10 an x-Bingley Harrier passed away.

Dennis Quinlan had been suffering with the debilitating motor neuron disease.

He was an English schools XC champion, represented Ireland at XC, road and track.

As a vet represented England at XC and was the British 5k champ.

He also won the Bradford Marathon along with other races.

Dennis was the member of many, many winning championship teams.

He was always happy to give advice, encouragement and support.

He used to write in the Telegraph and Argus, giving training tips plus write in the Fell Runners Association mag and the short lived "Up and Down" fell mag.

He also co wrote the book FELL AND HILL RUNNING along with Norman Mathews.

I think it's true to say through the 60s to the 90s Dennis influenced a great deal of runners. Steve Binns, Kim MacDonald, Jimmy Ashworth, Steve Brooks, Colin Moore, Victoria Wilkinson and Carole Haigh (Greenwood) are just a few of the elite runners, but this didn't stop him giving advice and help to people with a lesser athletic ability.

His success with the Bingley athletes created a super club, which led to athletes queuing to join us. Jon Solly, Keith Anderson and Mark Croasdale to name a few.

He loved to run and race. Running was his life.

When he was injured (which was often) he would cycle.

Dennis was a charitable chap and even went to the extreme of employing some of his better runners. One was Jimmy Ashworth who was a dustbin man who ran round his collections. Dennis employed him to work in his shop on Chapel road. Jimmy benefited and was able to run incredibly hard sessions, and thrived on them, in the process taking the best time at the Berlin marathon.

Dennis had no airs or graces and would help and advise anyone.

When we were training for the Pennine way record he set specific training sessions and would come

along to as many recce's as possible.

When the Bradford Marathon kicked off he was quick to help and advise all. Many times after Thursday training there was a queue to get advice from him.

Whenever you raced he would always enquire as to how you got on, giving little tips and support.

He was certainly a character.

Once at Nab wood one of the runners had forgotten his trainers, Dennis, never one to be shy picked some new shoes up from under the bench and handed them to the runner. The shoes didn't belong to Dennis but that didn't matter, a run is a run. When the owner of the shoes returned from his 10 miler to find his new shoes steaming and a bit mucky, he was speechless and just had to laugh at Dennis (I think it was a laugh).

When I started to get my running together, Dennis knowing I was not particularly wealthy gave me a heart rate monitor to assist my training.

I reciprocated by ensuring he always had a lift to races and a training partner.

Dennis always would follow a fad. I remember when the film Fame was all the rage, who turned up for a speed session with woolly leggings, yes Dennis.

Another time I called at this house, his then wife Julie answered the door shaking her head, pointing to the study, there was Dennis hung upside down on a pair of "inversion boots" the boots fixed into a frame support in the doorway and you hung yourself from these to supposedly stretch your spine. Then he decided he was going to abstain from alcohol for a period of time, I think this lasted about 4 weeks, then he went to the other extreme where as soon as we finished a race he would open a tin of Guinness and down it right there before he even got changed!

His findings were that the alcohol helped one to relax.

He was one of the first athletes to try out a heart rate monitor. He was absolutely shocked to find he would go out of his zone and had to walk up hills. One Sunday run we were climbing Otley Chevin when he said "my hrm say I will have to slow or walk" Goodyear and the Little brothers seized the opportunity and put the boot in, leaving him trailing amongst the verbal humiliation. As ever Dennis just chuckled, catching them up and ultimately "dropping them" with a hard surge.

I covered thousands of miles running with Dennis and also travelled to many, many races around the country with him. I once went in his car for a change and I was more wrecked after that journey than after any race, so I never let him drive me again. He was a better runner than driver.

One evening after the club we went to the fisherman's, being regular training partners we were planning what to do that weekend. Dave Stephenson let slip the inaugural Yorkshire man off road marathon was to be held that weekend. We decided to do that instead of our normal long run. Dennis had a reputation of running his partners in to the ground on relays and paired races, and the Yorkshire man was no exception. We sat in until Dolphin lane then cracked on. I was turned inside out, but thanks to the hard training schedules given by Dennis, I managed to hang on and we came in victors.

When it came to holidays he used to worry as it gave his wife the opportunity to see just how hard and often he trained.

One of my happiest memories is at the pub at the end of the Pennine Way relay when Dennis and Kay (Mel's wife, x-junior coaches) started singing a melody of Irish songs.

In those days we used to recce the fell championship races.

We would arrange to meet the organising club and get shown around the course; this was usually followed by a couple of pints afterwards.

Of course Dennis would turn it into a burn up, even though he didn't know where we were going.

I once organized a navigation/training weekend at Brotherswater. Dennis was injured at the time, but that didn't stop him cycling there with a group of others and being on hand to offer any training advice to anyone who required it.

He would travel to races with me even if injured; such was his love of his sport. At races everyone seemed to know him, There was always an acknowledgement or even a word of advice or a compassionate understanding conversation.

At his funeral there were many great runners past and present paying their respects.  
Many runners I had not seen for many a year.  
All spoke very highly of Dennis and how he had brought them on to a greater level.  
Dennis' commitment to help continues in that he donated his body to science and his brain to the motor neurone society.



We became a greater club by Dennis's involvement,  
We were to become faster better runners by his tutored sessions,  
We won so many titles individually and as a team,  
All through the dedication, direction and commitment by someone who only sought reward by an individual's capability to improve by following his teachings.  
An era of athletic greatness has been lost.  
On behalf of all at Bingley Harriers,  
Dennis Quinlan, God bless and rest in peace.

Geronimo.

Adrian.rushworth@sky.com

31/03/10