



# Wirral A C Newsletter

No 176 June/July 2010

Editor: L J Carroll

## Seniors Heading for Promotion.

Two wins in the Northern Track&Field league since the last Newsletter and some inconsistent performances by the other clubs has put the Senior team in a strong position to take Div 4NW title. Given that we are six points clear of second place Barrow&Furness, any position better than last in the final match in Salford on July 31st will see us champions.

A feature of the three rounds has been the way the athletes have rallied on the day to cover as many events as possible led by the example of the two captains, Andy Boyd and Julie Money. The best Mens performance was 10.9s by James Williams in winning the A string 100m at the Oval – James went on to make the English Schools final and earn a bronze medal in the Merseyside 4x100m relay team alongside Sam Landsborough who won the B string at the Oval 100m in 11.0. For the Women, Hanna Tarver's win in the 800m in 2m 11.6s, also at the Oval, was outstanding for a U17.

The story in the McCains Young Athletes League is a less happy one. After two competitive second places behind Sale and Liverpool in June, eleventh hour drop-outs and no-shows on the day for the final match saw the team slip from 5th to 8th. It is worth commenting for those unfamiliar with this league, that even this depleted turn-out involved nearly 60 athletes across three age groups. Those who were there tried hard to fill the gaps in the team, doubling and more in unfamiliar events. Despite their valiant efforts and those of the team managers, Pam Green and Margaret Milne, we have been relegated from the Northern Premier Division in which we have competed since 1985. Regaining our place will not be easy as the two Premier divisions are fed by four lower divisions and only the division champions are promoted.

In the National Young Athletes league we ended up fourth in the 8 team Mersey Division. Our best showing was 2nd place at the Wavertree match in June. In the final round at the Oval, where we finished 3rd, James Williams won the 100m in 10.9 and snatched an exciting win in the 4x100m relay, sweeping past his Liverpool rival in the closing yards. He and Sam Landsborough both clocked 22.0sec in winning the the A and B 200m. For the womens team, the quartet of Sam Leahy, Ellie Meehan, Mariella Catton and Jess Lea made a successful tour of the throws, which included winning all the B string events. Mariella also improved her Pole Vault PB with 2.15m.

We had two winners in the second round of the Cheshire League at Crewe with Fionna Nuttall in the U15 Javelin ( 24.30m) and Ieuan Kearney in the U11 600m ( 1m 53.9s). The combination of Rob Owen, Chris White, Nathan Schofield and Sean Boswell took second place in the U15 sprint relay. The last two rounds of this league are both at Ashton-u- Lyne on the first week-ends in August and September.

### **Chris Smith 2nd in Scottish Champs**

Chris Smith furthered his attempt to make the Scottish team for the Commonwealth Games at 800m by finishing a competitive second in the Scottish Championships. However his best time so far this season of 1min 50.32sec is a couple of seconds short of the qualifying standard. He has been selected to compete for Scotland in a 4x400m relay in a match in Birmingham ,which presents another opportunity to make the team for Delhi.

### **Northern Title for Hanna Tarver**

Hanna Tarver brought home our only medal at the Northern Championships winning the U17 1500m title by nearly 7 seconds in 4m 36.74s. This was close to her PB at the time, but she has subsequently run 4m 32.51s at Stretford taking her to 5th in the UK U17 rankings. She is also 7th in the 800m rankings.

The sprinters were well represented in the Northern Championships and several made the finals: Kristian Brown ( 7th, U15, 100m), Hanna Jones (8th, U15, 100m), Emma Wilson (6th, U15, 200m), James Williams (5th, U20 100m and 6th, 200m). Lauren Sharp, Sophie Money, Craig O'Brien, Andy Boyd, Jake Collins and Gareth Jones went out in the heats.

Best of the rest was Amy Tarver's 4th place in the U15 High Jump with 1.50m, a PB, which she has subsequently raised to 1.55m at Stretford. James Molyneux was 5th in the U15 LJ with 4.90m, just 4cms less than his PB the Merseyside Champs a few weeks earlier. In the Girls U15 Long Jump, Lauren Sharp jumped 4.73m for 5th. Sophie Tarver finished 11th in the U15 1500m. While this looks a modest place she is in fact still U13 and this PB places her 10th in the UK rankings in this age group.

## Welsh Castles Relay

Twenty seniors plus supporters indulged in the annual trip from Caernarfon to Cardiff known as the Welsh Castles Relay, taking 6th place overall out of the 58 teams taking part. Individually the best runs came on the second day when Steve Spence and Dave Norman were 4th on stage 15 and 18. Earlier, Xavier Desse, Tony Devoy and Alan Woods all finished 5th, as the team ended Day 1 in the flesh-pots of Newtown in 7th. Other notable runs in the first 10 came from Jon-Philip Seymour (8th, stage 1), Graham Ratcliffe (6th, stage 8), Kelvin Dickinson (9th, stage 11) and Stephen Laker (6th, stage 19).

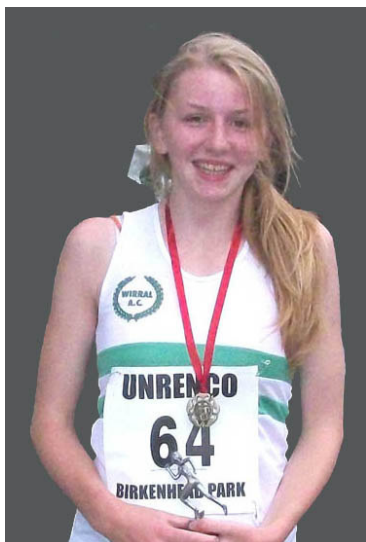
## Birkenhead Park Road Races

In the Open 5 mile, Paul Sankey (Liverpool Running Club) stole the march on the field, surging into a 40m lead on the first of the three laps. Although Xavier Desse was closing fast in the final mile, Sankey held on to win by just 1 second, with Nathan Vengdasalam (Liverpool Harriers) third, a further 3 seconds adrift.

Sophie Whiteside (Liverpool Harriers) won the Ladies race by 20 seconds from Nicola Bird (Ellesmere Port RC), with Hannah Whiteside (Liverpool Harriers) third. Sarah Kearney was the leading Over 35 in 5th place, while Jane Fraser took the Over 55 award.

The Young Athletes races over one lap were dominated by club members. Niall Flanagan won the Year 8

Boys race from Matteo Bertacca and Charlie Quinn, while Sydney Isaacs, seen in the photo on the left holding her award, took the Girls race in front of Heather Nuttall and Georgina Ellison-Burkhill. Robbie Owen and Nathan Schofield led the combined Year 9 and 10 Boys event, with Lauren Brett, Emily Kearney and Fiona Nuttall filling the frame in the Girls race.



### '100' Club Winners

#### April

£12 Norman Waterson

£6 Ken Brabin £3 Mark Hulmston

#### May

£12 Dave Jeffs,

£6 Helen Foster, £3 Mr and Mrs Wright

#### June

£12 Sue Wilding

£6 Margaret Oxton, £3 John Toland

#### July

£12 Steve Balmer,

£6 Jane Fraser, £3 Jean Carrington

## Coming soon.....

Jul 31	Northern T&F League	Salford
Aug 5	Ledsome Handicap	Oval 7.00
	Yes, Thursday Aug 5th	
Aug 8	Cheshire T&F League	Ashton-u-Lyne
Aug 21/2EA	U17/U15 Champs	Bedford
Aug 28	Northern Inter Counties	Gateshead
Sept 5	Cheshire T&F League	Ashton-u-Lyne
Sept 7	Multi-terrain League	Royden Pk 7.00
Sept 14	Multi-terrain League	Thurstaston 7.00
Sept 18	NW Road Relays	Stockport
Sept 21	Multi-terrain League	Harrison Dr 6.30
Sept 28	Multi-terrain League	Arrove Pk 6.30
Oct 2	Northern Road Relays	Wythenshawe
	12/6 stage and YA	
Oct 9	Merseyside Schools	Croxteth
Oct 16	Wirral AC Schools CC	Arrove Pk 10.30

Note: We have moved our Schools CC races from Oct 2nd as the Northern Road Relays for Young Athletes and the 6/4 stage Senior events have been scheduled for that day at Wythenshawe Park.

## Athletic Shorts....

- ◆ The Over 50 team placed 5th in the British Masters Road Relay in Sutton Park. Kevin Buxton clocked their fastest leg on stage 1. Tony Devoy and Graham Ratcliffe moved them to within 40 seconds of a medal on legs 4 and 5.
- ◆ Jordan Donnelly has been running some fast times over in Germany – 1min 52.41sec in Ingelstadt in July for 800m and 3min 54.34 sec in Munich in May for 1500m.
- ◆ Mark Hulmston was first Wirral runner home in the Sefton Park 5 miler organised by Mossley Hill AC in 38.06. Graham Ratcliffe in 11th was first M55. Other M55 wins for Graham include the Sale 5 mile, Dunham Massey 5k and Bowden 5k, where Dave Norman was first M50.

## Congratulations to...

- \* **John Oxtan** for his Lifetime Achievement Award from Wirral Sports Forum. John was nominated by Julie Money for his contributions to local athletics as athlete and coach over 50 years.
- \* **Pauline Cocker** for the award of an MBE in the Queen's Birthday Honours for voluntary service to education.

## Club Vests

The official stockists of club vests are:

**Runners Sport & Leisurewear**

66, Bebington Road, New Ferry.

Vests : £13 ; Green shorts : £10.

They will deal by mail – 0151 644 8384