

Happy Christmas To All Our Readers

Young Athletes Success in Manchester League

The U11 Boys and U17 Women continued with their winning ways in the third round of the Manchester Area Cross Country League at Wythenshawe Park on Dec 3rd. The Boys steam-rolled the opposition with Sam Cross (4th), Arran Kearney (5th) and Jacob Brophy (6th) the three counters and Sam Tempest in 10th adding two more points to their totals. The U17 Women had a narrow win over Sale with Stockport third, Emily Kearney led them home in 4th with Fiona Nuttall 5th and Lauren Brett 8th. The U15 Girls team closed in 5th place with Aileen Kearney 9th, Nicola Harris 17th and Eimear Corr 26th.

Individually, James Taylor edged out Danny Lawton of Trafford to win the U15 Boys, while Kieran Morgan made the frame with 3rd in the U17 Men. Sarah Kearney continues to progress, first Vet home in 7th place. Will Ferguson (133rd), John Cross (134th) and Jimmy Atkin (258) finished in the Mens race.

A Tale of Two Parks – Sefton and Stadt Moers

History repeated itself in the Liverpool&District Cross Country league as like last year the Senior Men finished third in all three matches but managed second overall. We had our best run in the Sefton Park, strengthened by Matt Donnery (9), Phil Peerless (13), John Hunt (29) and Phil Robertson (33) with Mark Hulmston (34) and Peter Scarrett (51) completing the count behind Liverpool Harriers and Southport Waterloo. In the final match at Stadt Moers, with Southport Waterloo opting for the Mid-Lancs league, we were disappointed to be edged out of second by Wallasey AC by three points in a very close race, decided on the last counter. Mark Hulmston (15), Kevin Buxton (16), Peter Scarrett (18), Graham Ratcliffe (20), Simon Fox (36) and Tony Devoy (40) made up the count.

There was a good turn-out of younger members at Sefton Park, with several impressive runs. Hanna Tarver came 13th in U20 age group in a quality race for European selection. In the U15 races, James Taylor was 13th and Sophie Tarver 18th. Best of the rest was Beth Foster, 27th in the U13 Girls. The full results are on the uka web-site.



Winners with their trophies at the Presentation Night

In front, L to R : Catherine Spencer, Arran Kearney and Matthew Johnson.

Back row, L to R : Lauren Sharp, Sean Cookson, Gareth Jones for Jules Ryan, Hannah Jones, Zita Aspell, James Taylor, Richard Evans, Sam Landsborough, Daniel Pass, Luis Bosio, Joe Green, Andrew Porter, Pam Green and Fiona Nuttall

Borders League at Tattenhall

Sunny Tattenhall turned cold and wet for the duration of the third Borders League on Dec 10th. With most Senior men still with the Stadt Moers L&D in their legs from the previous day, we were relieved to hold on to our top spot in Division 1, but disappointed to be once again nicked for second place by Wallasey, who it should be said also had tired legs. You have to hand it to them – they keep turning out!

Richard Farrer was the surprise packet, leading the team home in 10th, followed by stalwarts, Mark Hulmston (16th), Graham Ratcliffe (22nd) and Peter Scarrett (32nd). Steve Laker and Simon Fox made the first 50, followed by Ronan Kearney and Tony McDevitt, Nick Wilson and Chris Gibbs.

The Ladies team continued to dominate with another easy win. Sarah Kearney and Lisa Grantham (3rd and 4th) were supported by Emily Kearney (7th) and Aimee Bartley (15th). Jane Fraser was first F55 home. All five are well placed in the overall individual standings in their age groups.

The next two rounds present us with serious problems as they are on the same weekends as the County and National Cross Country Championships. Anyone not competing on the country on the Saturday is asked to make an effort to turn out, particularly after the National when the usual male suspects will still be in transit from London when the Borders league is run. It is most important have 10 men and 4 ladies as the penalties for defaulting are crippling – 300pts per runner in the Mens event and 100 in the Ladies.

Cross Country Championships

Entries for the Northern and National Championships have to be made by the first week in January. If you have not already organised this with your coach or informed Leo Carroll you wish to be entered, please do so as soon as possible.

We will have a coach for travel to the Northern at Pontefract Racecourse, which for those with long memories was the venue for the 1993 event. It was notably for a gale force wind and a clutch of bronze medals for Ben Reese and the team in the U17 race as well as Mike Griffiths in the U20 event.

A reminder for younger members : the club championships will be decided within the Merseyside Championships in Sherdley Park on Jan 7th.

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

They also have a shop at 28 Birkenhead Road, Hoylake – they do not hold stock here.

Coming soon.....

Dec 17	NA Indoor Open	Sheffield
Jan 7	Merseyside County CC including Wirral AC Champs in all age groups except Seniors	Sherdley Pk
Jan 8	Borders Road League	Abergele
Jan 14/15	Northern Indoor Champs	Sheffield
Jan 15	Manchester CC League	Stockport
Jan 28	Northern CC Champs	Wakefield
Feb 4	Merseyside Schools CC	Sefton Park
Feb 11	Manchester CC League	Clayton Vale
Feb 19	L/pool&D CCChamps	Clarke Gardens
Feb 25	National CC Champs	Parliament Hill
Feb 26	Borders Road League	Wreccsam Tri
Mar 4	Club Senior CC Champs	Arrowe Pk 11am
Mar 6	Schools Short Course R1	Arrowe 4.30pm
Mar 10	Inter Counties Champs	Birmingham
Mar 11	Borders Road League	Helsby 11am
Mar 13	Schools Short Course R2	Arrowe 4.30pm
Mar 17	English Schools Champs	Ilton, Somerset
Mar 17/8	BMAF Indoors	Lee Valley
Mar 20	Schools Short Course R3	Arrowe 4.30pm
Mar 25	BMAF CC Champs	BATH
Mar 31	Northern 12 /6 stage RR	Sefton Park
April 14	National 12/6 stage RR	Sutton Park
April 25	Borders Road League	Deestriders

Athletic Shorts.....

- ◆ Graham Ratcliffe travelled to Glasgow as first reserve in the England M55 team in the British and Irish Cross Country International in Bellahouston Park. He did not get a run, but finished a creditable 8th and first M55 in the Open race. The crafty organisers used a slightly different course for this so we cannot compare his time with the England M55 team. To be fair, it should be added that England won comfortably with 3 in 4.
- ◆ Ronan Kearney ran 1min 29.89sec for 600m in the Manchester Indoor Open meeting – a useful time for an M40. For good measure, he also threw in a 7.94sec clocking for 60m.
- ◆ Steve Laker ran 2hrs 52mins 59secs in the San Sebastian Marathon – the lengths some people will go to avoid the mud in Sefton Park!
- ◆ Steve Brick is arranging a talk on Nutrition for athletes at the Oval in January.
- ◆ There is a session in St Anselm's gym on each Wednesday during the winter starting at 7.0pm. A small charge is made to cover the hire cost.
- ◆ The London Marathon places went to Mark Morris, Peter Fraser, Peter Weatherhead and Paula Smith. All four completed the three club races required for the priority places and no draw was required this year.