



Wirral A C Newsletter

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Editor: L J Carroll

Northern U20 Title for Sam

Sam Landsborough took the Northern U20 200 metres title with a strong surge in the last 50m, beating the defending champion and this year's Northern and England Indoor Champion, Liam Clowes of Crewe&Nantwich, by 0.3sec in 21.52sec after posting a PB of 21.47sec in his heat. There is a video of his run on the Northern Athletics website. Earlier in June he had dipped below 22sec for the first time in the Merseyside Schools at the Oval. In the Northern U20 100m, he was just edged in to 4th place in 11.04sec. He concentrated on the 100m at the English U20 Championships in Bedford going out in the semi-finals after posting a PB of 10.77sec in heat and at the English Schools at Gateshead, taking 4th place in the Senior Boys in 10.87sec.

Hanna Tarver also won a Northern U20 medal with second in the 1500m in 4 min 31.05sec, an impressive run given that it is her first year in the age group. Even better was her second place in the Senior Girls in the English Schools in 4min 29.21sec – what a theatre for a PB!

Best of the rest at the Northern Championships, was 7th by Jules Ryan in the Senior 400m final, after running 48.87sec in his heat and 7th by James Williams in the Senior 100m final, earned with a 10.89sec clocking in his heat. Gareth Jones made the final of the Senior 200m, finishing 8th in a season's best of 22.62sec. Andy Boyd went out in the heats of the Senior 100m and 200m as did Ben Costello in the U20 800m.

Also competing in the English Schools were Lauren Sharp, (10th, JG LJ), Sean Cookson (12th, IB LJ) and Sophie Tarver (11th, JG 1500m)

Young Athletes Team Promoted

The Young Athletes team continued their winning ways reported in the last Newsletter, taking the three remaining matches by substantial margins to top Division 1 SW and earn promotion back to the Premier Division.

Dozens of athletes contributed to this success including 16 who competed in all four matches and won at least one A string event. There is not enough space here to list them all but Harry Sutton deserves a special mention for winning the A string U17 100mH races in all four matches, as well as the 400mH and High Jump at several meetings.

The other special mention has to go to the team managers, Pam and Joe Green for the Boys and Margaret Milne for the Girls, for their sterling efforts to ensure maximum turn-outs and the event cover so important for success in the league.

Seniors Top Division 3

The team in the Northern T&F League are top of Div 3 SW by a mere half point, following a tie with Liverpool Harriers at the Oval and a win in the third match at Macclesfield.

As in the first round, the Men dominated the sprints in both matches, Sam Landsborough (Oval) and James Williams (Macclesfield) romping away with the A string 100m and 200m, well supported by Andy Boyd and Gareth Jones. Jules Ryan ran 49.0 at the Oval to win the 400m and in his absence at Macclesfield, Craig O'Brien produced a well timed finishing burst to win by inches in 51.0sec. Various permutations of the above won both relays at both meetings, the climax being another well judged 400m by Craig O'Brien on the final leg in the 4x400m at Macclesfield.

In the distance events, Jon-Philip Seymour was placed in the A string 800m and 1500m in both matches, as was Mark Hulmston in the 5000m. At the Oval, recent acquisition, Chris Rodgers, gathered 30 points, from the hurdles and the various field events.

Sophie and Julie Money produced a family double in the 100m races, winning at the Oval but having to settle for the minor placings at Macclesfield. Sophie also won the 200m at the Oval, with Julie taking the Shot. Sarah and Emily Kearney matched them at Macclesfield, Sarah winning the 3000m with Emily taking the 1500m. In the field, Rebecca Blacklock improved her HJ PB to 1.60m to win at Macclesfield, while Ellie Meehan toured the throws at both venues collecting a total of 47 points from 7 events.

The final march is at Warrington on August 14th, when full turn-out should ensure promotion to Div 2 after 6 seasons languishing in the lower divisions.

National Junior League

The team finished 4th in the second round at Wavertree and are now 6th overall. Eight athletes made the first three in their A string event – Ben Costello ran 53.5sec for 2nd in the 400m and Liam Whittaker (110mH) and Hannah Jones (400m) also took second spot. The third match is at Wigan on July 10th and the league rounds off with a match at the Oval on July 24th.

Welsh Castles Relay

The Seniors finished 4th in the Open category in the Welsh Castles relay from Caernarfon to Cardiff, our best position since third in 2004. This was an all round team performance with most of the runners in the first 16 on their leg in the 58 strong field.

Graham Ratcliffe won stage 9 by 40 seconds, remarkable for a 56 year old in an Open race. Other placed runners included Xavier Desse (2nd) and Alan Woods (3rd). The club took second place in the King of the Mountains competition based on the six hilliest stages, covered by Alan Woods, Phil Davies-Peerless, John Hunt, Mark Hulmston, Simon Jeffs and Tony Devoy.

Since this was a team race, the other 12 runners were Kelvin Dickinson, Neil Toner, Sarah Kearney, Steve Spence, Peter Fraser, Tony McDevitt, Karl Bryers, Steven Laker, Chris Henry, Mark Morris, Kevin Buxton and Peter Scarrett with Nigel Pratten rendering sterling service in support.

Birkenhead Park Road Races

James Riley added yet another Liverpool Harrier name to the list of the Open 5 winners, comfortably holding off Mark Keeley (also Harriers) with Robbie Tudor (West Cheshire) third in a new M45 record for the course. Phil Davies-Peerless was the leading Wirral runner in 4th, followed by Mark Hulmston (6th). The Ladies race went to Erika Robinson of Buckley, with Jenny Clague (L/pool H) and our own Lisa Grantham taking the minor places, both inside the old F35 course record.

Among the other award winners were Graham Ratcliffe (a new M55 record), Sarah Kearney (F35), Jane Fraser (F55) and David Brockway (U20).

In the young Athletes races, Reece Magee was first Year 8, closely followed by Dominic Thomas (Year 7). Georgia Ashton-Massey from Helsby won the Girls Year 7, finishing ahead of Niocla Harris, the leading Year 8, with Ieuan Kearney the first Year 6. In the Year 9/10 race, Richard Evans held off Niall Flanagan, while Emily Kearney led Fionna Nuttall home in the Girls race.

We have to thank URENCO UK Ltd for their continued generous sponsorship and Hilly Clothing for providing the spot prizes.

Centenary T&F Meeting Cancelled

Sad to report only 9 entries for the Centenary meeting had been received by the closing date. Given the potentially substantial prize list and the costs of providing electronic timing, it was decided the financial risk of depending on entries on the day was too great and the event has been cancelled. Those who did enter will receive a full refund.

Coming soon.....

Jul 10	National Junior League	Wigan
Jul 16/17	English Senior Closed Champs	Bedford
Jul 20	Endurance Series – 10k	Oval 7.45
Jul 24	National Junior League	Oval
Jul 31	Northern Inter Counties	Leigh
Aug 6/7	Northern U15/U17	Cudworth
Aug 14	Northern T&F League	Warrington
Aug 17	Endurance Series – 5K	Oval 7.45
Aug 20/21	English U15/U17	Bedford
Sept 2/3	UK Schools Champs	Sheffield
Sept 11	25x 1mile relay	Oval
Sept 17	NW Counties Road Relays	Sefton Park
Sept 22(Thurs)	Endurance Series – 3K	Oval 7.45
Sept 24	Northern Road Relays	Birchwood
Oct 1	Wirral AC Schools CC races	Arrowe Pk
Oct 7	Wirral AC AGM	Oval 7.30
Oct 15	ERRA 6/4 Stage Relays	Sutton Park
Oct 16	ERRA YA Relays	Sutton Park
Oct 16	Borders League	Prestatyn
Oct 19	Endurance Series - 5k	Oval 7.45

Athletic Shorts.....

- ◆ John Hunt led the Merseyside team home in the Inter Counties Fell race championships at Broughton in Scotland in 28th to help the County finish 10th. Jon-Philip Seymour was 72nd.
- ◆ The Endurance Series on the track has attracted typically a couple of dozen competitors. Steve Crowe won the May 5K in 15min 43.3sec, while Lee Jones (Deeside) produced the fastest mile in June with 4min 33.2. After 4 events the Grand Prix based on the best 5 results over the 8 events is led by Steve Crowe (Ellesmere Port). The next event is a 10K on Wednesday, July 20th. We will need at least six lap scorers for this event. Volunteers should contact Leo Carroll.
- ◆ Ieuan Kearney represented the North in the Independent Schools Association Championships in Birmingham, finishing third in the Year 6 600m in 1min 50.5sec, less than 2 seconds behind the winner Brother Aaron ran in the Year 5 B string event, coming 2nd in 1min 59.8sec, just 0.3secs adrift of the winner.
- ◆ Sarah Kearney was third in the BMAF 5K Road Championship at Horwich in 18min 50sec

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 have recently opened a second shop at
28 Birkenhead Road, Hoylake.