



Wirral A C Newsletter

No 186 Nov 2011

Editor: L J Carroll

Wirral on top in Borders Road League

After two rounds, we top the Borders league in all three categories, Men, Ladies and Veterans. The Ladies won both matches by comfortable margins, while the Men were second to Deeside in the first race and pipped the hosts, Wallasey AC, by the narrowest of margins in Birkenhead Park.

For the Ladies, Lisa Grantham (2x3rd) and Sarah Kearney (4th and 2nd) led the charge, supported by Amy Bartley (9th and 10th), Emily Kearney, who had an impressive debut run at Prestatyn in 7th and Jane Fraser, leading F55 finisher in both races. Best for the Men was fourth by Phil Peerless in Birkenhead Park, with Mark Hulmston, Steve Laker and Simon Fox in the count on both occasions. The full results are on the Borders web-site : www.bordersleague.org.uk

The first Liverpool&District Cross Country League, run on the tough course at Beacon Park, Upholland, saw the Mens team take 3rd place. Simon Jeffs (8th) was one of only three non-Liverpool Harriers in the first dozen as the league champions since season 2000-01 demonstrated their continued dominance. Kevin Buxton (15th) was second home with Mark Hulmston (28th), Tony Devoy (34th), Stephen Laker (40th) and Neil Toner (42nd) completing the count. Amy Bartley was the sole Wirral female to finish, 8th in a field of 21. The next L&D is within the Cross Challenge in Sefton Park on Nov26th and is chipped so we need to enter names by Nov 22nd. Those intending to run should sign the notice on the board in the Gatehouse or contact Leo Carroll.

The opening two rounds of the Manchester Area Cross Country league saw a number of successes from the younger athletes. At Heaton Park in October, the U17 women won the team race with Emily Kearney (4th), Fiona Nuttall (5th) and Lauren Brett (7th). They had to settle for 3rd at Sherdley Park on Nov 13th, with Emily again leading them home in 4th. Richard Evans (U17) and Sophie Tarver (U15) both won their races at Heaton Park. At Sherdley, it was the U11 Boys in winning form with Arran Kearney (3rd), Sam Tempest (8th) and Sam Cross (10th) ahead of Stockport and Sale Harriers Manchester. The U13 Girls closed a team on both occasions with Beth Foster first up in 5th and 4th.

With the major commitment to the L&D and Borders Leagues, Senior turn-out was limited. Ronan Kearney and John Cross finished in both races, the former remarkably in the same position, 116th out of fields of 300 plus. Peter Weatherhead finished in both races, the Sherdley race after competing in the Borders League earlier in day! Sarah Kearney took 16th place in the Senior Womens race at Heaton Park, but opted for the Borders League only rather than Peter's heroics.

Eleven teams close at Mansfield

For once the weather gremlins hit the English Cross Country Relays at Mansfield with several downpours during the meeting. Despite the soaking, we finished 11 team across the various age groups, including two in the Senior Mens race for the first time.

Best run of the afternoon came from James Taylor who finished 15th on the first lap of the U15 Boys, the highest place we reached all day. This team ended up 34th, with the B team 62nd. Fiona Nuttall was the fastest for the U17 Girls as they came in 34th, with sister Heather fastest for the U15 Girls (65th). The U13 Boys team of Matt Smith, Alex McBain and Gabriel Cooper finished 34th, with the B team 52nd and the C team 59th. Beth Foster ran the fastest time for the U13 Girls to help them to 42nd. The U17 Men finished 55th.

Simon Jeffs produced the fastest lap for the Senior Men, though this did not see him in the first 100 on the opening stage. Mark Hulmston, Ronan Kearney and Tony Devoy eventually finished 91st, with the B team, for whom Stephen Laker was the fastest on leg 1, home in 134th.

Championship Entries

Team managers, captains and coaches now have information about entry fees and closing dates for the Merseyside, Northern and National Cross Country Championships after Christmas. Runners must have an England Athletics registration for 2011-12, i.e. must have paid our 2010-11 sub (that's last years sub!) or joined this year. Defaulters have been reminded recently – if this applies to YOU, please pay up asap.

Merit Awards for 2011

George Warburton Cup for the outstanding T&F performance.
Sam Landsborough (200m, 1st Northern U20 Champs) *

Ability Squad Young Athlete of the Year : **Daniel Pass**

Age group awards

<i>Outstanding Athlete - U11 Girls</i>	Catherine Spencer
<i>Bill Taylor Award for U11 Boys</i>	Arran Kearney
<i>Hunt Shield</i> for U13 Boys	Andrew Porter (Shot) *
<i>Hunt Shield</i> for U13 Girls	Zita Aspel (Shot)
<i>Weston Trophy</i> for U15 Boys	James Taylor (1500m)
<i>Waterson Plate</i> for U15 Girls	Sophie Tarver (1500m)
<i>Hinds Cup</i> for U17 Men	Sean Cookson (LJ) *
<i>Hinds Bowl</i> for U17 Women	Hannah Jones (300m)
<i>Carroll Shield</i> for Jun/Sen Men	Jules Ryan (400m)
<i>Bushell Cup</i> for Jun/Sen Women	Hanna Tarver (1500m) *
<i>Wellock Shield</i>	Laura Sharp *
<i>Gilbert Award</i>	Luis Bosio
<i>Endeavour Vase and Plate</i>	Fiona Nuttall
<i>Pat Carr Shield</i>	Richard Evans
<i>Frank Lathom Plate</i>	Pam and Joe Green
<i>Phil Keenan Award</i>	and Margaret Milne
	James Williams

AAA Grade 1 standards :

The starred winners will be awarded AAA Grade 1 Standard Badges and Certificates.

The awards will be presented in the club room at the Gatehouse, Oval Sports Centre, at 8pm on **Monday, Nov 21st**.

Membership Secretary Volunteer Needed!

After 16 years in post, Sue Wilding retired as Membership Secretary at the AGM. We failed to enlist a volunteer for this important job at the meeting and urgently need to find a replacement. Sue has kindly agreed to carry on as temporary measure. Any potential volunteer can contact Sue (0151 334 9518) or Leo Carroll (0151 608 4647) to find out what the job entails.

Officials Courses

Details of courses during the winter have been circulated to committee members. In particular, there is a Level 2 (Entry level) course for T&F at Wavertree on Sunday, Feb 26th. We need more qualified officials to help at the Track&Field leagues and any member or parent who is interested is strongly encouraged to consider attending a course. Becoming qualified does not have entail a commitment every week-end!

Christmas Party – Dec 16th

The same team of Julie Gibson and Mike Wilkinson, who brought you the Summer Party at Oxton Cricket Club are organising a Christmas Party at the Gladstone Liberal Club, Bebington, on Friday, December 16th (7.30pm – 12). Tickets are £7 and include a buffet, disco and karaoke. Contact Julie on 200 7252 or Leo Carroll.

Coming soon.....

Nov 19	Merseyside Schools CC NA Indoor Open	Wavertree Sheffield
Nov 26	UK Cross Challenge including L&D League	Sefton Park
Dec 3	Manchester CC League	Wythenshawe Pk
Dec 10	Merseyside Schools CC L/pool&District League	Stadt Moers AM Stadt Moers 2pm
Dec 11	Borders Road League	Tattenhall
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 15	Manchester CC League	Stockport
Jan 28	Northern CC Champs	Wakefield
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

Athletic Shorts.....

- ◆ Steve Spence was the first of ten members to complete the Liverpool Marathon, 20th in 2 hours 56min 50sec and 6th M40. Ronnie Jones was 3rd O70 - in fact, as his vest proclaimed (so I hear) he is 74. Lyn Ebbrell was the first female in 4hrs 12min 18sec – the 5th F50.
- ◆ John Hunt and Lisa Grantham both featured in the S4C Wales coverage of the Snowdonia Marathon, run in horrendous conditions on the last week-end in October. John was first M45 (14th overall), while Lisa was 7th female overall. Kelvin Dickinson also completed the course.
- ◆ Mark Hulmston topped the Endurance Track Series Grand Prix ahead of Joe Johnson (Birkenhead AC) and Greg Jones (Wallasey AC).
- ◆ John Hunt was 6th in the M45 class of the English Fell Running Championships with 140 points for 4 races (Max: 168).
- ◆ Chris Wilding was one of the two Field Referees at the Commonwealth Youth Games on the Isle of Man in September.

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.