



Wirral A C Newsletter

No 175 April/May 2010

Editor: L J Carroll

Eleven Titles at the Merseyside T&F Championships

Summer is hopefully on the way but there was little indication of it at a draughty Wavertree for the County T&F Championships, where most of us would have settled for a sign of spring. The forty odd medals picked up by club members included 11 golds.

The U20 100m saw three Wirral vests in the first four, James Williams taking the title in 11.0s with Sam Landsborough second in 11.2s and Jake Collins just edged out of third in 11.5s. Georgia Rowan headed a clutch of Liverpool Harriers athletes to register a sprint double in the U13 75 and 150m. Chris Smith overcame the windy conditions to win the Senior 400m in 49.6s. In the middle distance events, Hanna Tarver retained her U17 1500m title, while Ben Costello took the U20 800m. Two 3000m titles came our way with Charlie Quinn in the U15 age group and Sarah Kearney in the Senior Women.

There were three winners on the field with Mariella Catton (U20 Shot), Amy Tarver (U15 HJ) and Sydney Isaacs (U15 PV).

Nearly a third of the medal haul came from 4 families who number 17 registered athletes in their ranks – enough to generate the family medal table on the right!

To see the full results, go to the club website and click on the link in News Snippets.

Family	Gold	Silver	Bronze
Tarver	2	1	0
Kearney	1	1	1
Money	0	2	2
Nuttall	0	1	2

Seniors Wrap up the Borders League

The Senior Men won the last Borders League at Shotton by a comfortable margin to top Div 1 with nearly 1000 points less than second place Buckley. Four in the first ten with Jon-Philip Seymour (4th), Shaun Egan (5th), Mark Hulmston (7th) and Graham Radcliffe (8th) set up the victory, sealed by ten counters in 68 and a turn-out of 17 runners. The crucial difference between us and the rest this season has been the contribution from the U20s. Without Chris Cooper, a non-starter through injury at Shotton, Jon-Philip Seymour and Shaun Egan, even the thousand point cushion would not have been enough to head the Division. That said, it is ten to count and everyone's efforts are needed – even the non-counters increase the scores of other clubs.

The Ladies team held on to second place despite finishing fourth at Shotton. Julie Webb finished 6th, with Ali Lewis (16th), Helena Gilmour (30th) and Jane Fraser (31st) completing the count.

In the overall individual competition, we had five age group winners with Sophie Hunt and Chris Cooper (U20), Jane Fraser and Tony McDevitt (O55) and Graham Radcliffe (M50). Honourable mentions are also in order for Jon-Philip Seymour and Jess Schofield (2nd, U20), Ali Lewis (2nd, F35), Julie Webb (2nd, F40) and Mark Hulmston (4th, SM).

Centenary Dinner

Fixture cards and letterheads have carried the news for many years – we are hundred years old on May 15th, 2011. Yes that is *next* year and this is advanced notice of the opening event to celebrate the occasion.

This will be a dinner on Saturday, May 14th, 2011 to welcome the birthday at midnight at the Leverhulme Hotel, a new establishment in Port Sunlight Village. Tickets will cost £35 per head. This should be a memorable evening, which will hopefully re-unite many members old and new. Reservations can be made now with Julie Gibson – 0151 200 7252 or Julie.gibson60@ntlworld.com

Julie is also taking bookings for a Summer Party with buffet and disco at the Village Hotel, Bromborough, on Friday, Aug 27th to raise funds to support the Centenary Year celebrations.

Web-site Re-launched

The club web-site, wirralac.co.uk, has been re-launched thanks to the efforts of our new web-master, Liam Brick. Do have a look if you have not done so already. Liam has included a New Snippets section on the home page. You can email contributions to Liam – his address is on the contact page of the site. Keep them short – a link can be included for results of events.

Track Leagues Start-up

The leagues started up with three trips to Wigan in 8 days. The Mersey Division National Junior league saw a considerable improvement in standard over last year, with Liverpool H coming down from the Premier Division and a composite team from Wigan and Horwich added to the one made up of clubs from North Wales. We did well to finish 4th with some notable sprinting from Sam Landsborough and James Williams, a win in the 3000m by Jon-Philip Seymour, a sharp 800m from Shaun Egan for the Men and some useful efforts on the field from Ellie Meehan, Sam Leahy and Mariella Catton for the Women.

We had a slow start in the Northern T&F league Div 4W match, but moved up to finish second to a composite team from Wigan and Horwich, who benefitted from half a dozen of Wigan's UK Womens League competitors able to compete because there was no UK Womens league that week-end, an advantage they will not have in the remaining matches. As usual our strength was on the track where we won half a dozen A races compared with one event on the field.

The McCains Young Athletes League saw us finish a disappointing third behind West Cheshire and Warrington. As last year, the U17 Men were much depleted as many of the squad were involved in the Caldway Sevens that week-end.

There were a number of performances worthy of note from the younger members in the Cheshire league match at the Oval in April. However the results have yet to appear on the league website.



Our Dutch correspondent sent us this shot of Kelvin Dickinson in the Rotterdam marathon, in which he finished 124th in 2hr 42min 05sec. Kelvin followed this with a sub 3 hour run in London two weeks later, throwing in a long stage of the National 12 road relay stage on the middle week-end. (see Athletic Shorts).

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

Coming soon.....

May 8	County T&F Champs	Wavertree
May 15	BMAF Road relays	Sutton Park
May 16	McCain YA League	Oval
May 18	Walton Park 5	Liverpool
May 19	Seaside run	Leasowe 7pm
May 23	Nat Junior League	Wavertree ***
May29/30	Northern U17/15 T&F	Leigh
Jun 5	Northern T&F League	Oval
Jun 9	Birkenhead Park Races	B'head Park
Jun 12	County Schools T&F	Oval
Jun12/3	Welsh Castles Relay	Wales
Jun12/3	Northern Sen/U20Champs	Manchester
Jun 20	McCain YA League	Sports City
Jun25/7	UK Champs& Euro Trials	Birmingham
Jun 27	Nat Junior League	Deeside
Jul 3/4	BMAF T&F Champs	Cardiff
	National T&F Champs	Blackpool
	for disabled and deaf athletes	
Jul 4	Northern League	Wrexham
Jul 9/10	English Schools Champs	Birmingham
Jul 11	Cheshire League	Crewe
Jul 18	McCain YA League	Blackpool

*** This date is wrongly given as May 30 on some fixture cards.

Athletic Shorts....

- ◆ John Hunt retained his Merseyside County fell title in the Rivington Pike race, ahead of Jon-Philip Seymour. Ross Maxwell completed the count to ensure the club held onto the team title. John and J-P will represent the County in the Inter Counties Fell Championships on the Clwyds on May 22nd.
- ◆ Alan Woods clocked 25.35 to finish third in the Chester Spring 5. Xavier Desse (13th) and Chris Cooper (17th) made the first 20.
- ◆ The Senior Men were the 41st club to finish in the National 12 stage at Sutton Park. Alan Woods ran the fastest long stage (28.38) making up 10 places in leg 3. Phil Davies–Peerless was quickest on the short stage with 16.35.
- ◆ Kelvin Dickinson was first up at London with Kevin Buxton close behind in 2h 59m 42s. Joanne Yorke ran 3 h 40m 42s and Jeanette Fox 3 h 56m 35s
- ◆ Chris Henry was first Over 50 in the Wilmslow Half Marathon in 1hr 17.59
- ◆ Graham Radcliffe took 5th place in the Bridge race in 29.13
- ◆ Julie Webb was 1st F40 in the Liverpool Womens 10k in a personal best of 40m 07s. Maria Brockway was 14th F45 in 50.52, closely followed by Lynn Ebbrell, 17th in 51.20. Millie Powell (12 years old) was second home in the 5k fun run that took place at the same time.