



Wirral A C Newsletter

No 214 Aug 2015

Editor: L J Carroll

Welsh Vest for Aileen Kearney

Aileen Kearney competed for the Welsh U18 team in the 400m and 4x400m relay in the Celtic Games at Fife on the first week-end in August. She responded to this challenge with a new PB for the 400m of 57.33secs, which places her 5th in the NW ranking for the U20 age group. She also ran the lead-off leg for the Welsh 4x400 team (see photo below). The next test for Aileen is the Welsh Championships at Newport on Aug 15/16

World Master's Gold for Dave.

Dave Norman was a third count in a Great Britain trio who won the M55-59 team race in the Cross Country event at the World Masters Athletics Championship at Lyon, France. Dave finished 16th to help GB to the Gold medals in front of hosts, France, with Russia third

He also ran in the track 5000m in very hot conditions, finishing 2nd in his heat, but out of the medals.

Track League Round- Up

The good news from the Northern T&F League, reported in the last Newsletter, dried up in the last two matches as poor turn-outs saw promotion hopes dashed. The damage was done at the third match at Litherland where the team slumped to 4th and gave Manchester Harriers, hosts at the fourth match, a glimmer of hope. They seized the opportunity, winning the match from Wigan, the league champions, leaving us third on the day just 20 points behind, and third overall.

Sam Landsborough (200m), Ben Tagg (TJ), Aileen Kearney (400m) and Sarah Kearney (3000m) were "A" string winners at Litherland. Matters improved at Sports City, as Sam won both sprints and Phil Robertson the 5000m. Alex McBain lowered his PB at 800m by 2.5secs in finishing 3rd. Emily Kearney also lowered her PB with an impressive win in the 1500m, while Sophie Tarver had a run-away win in the 800m. The Mens 4x100m quartet of Sam Landsborough, Victor Oyesola, Ian Roberts and Sam Heathcote won in 44.9secs, the fastest by the squad in the league this season. Among the athletes who competed in unfamiliar events in search of points, Zita Aspell stands out, running a lap of the 4x400m in both matches after her usual tour of the throws.

The final match of the Lower YDL at the Oval the team recorded its highest score of the season to take 4th, the best place over the four matches. That was not enough to lift them from 5th overall and avoid relegation in this most competitive of leagues. "A" string wins came from Sean Harper (U15, Discus), James Allkins (U15, Shot) and Chloe Penketh (U13) with her third sprint double in this league.

The Upper YDL the team finished third in the last two matches behind Liverpool H and Blackburn H, placing equal second with Blackburn on 19 league pts, but third place overall on the basis of match points.

Blake Brown won both U20 sprints, Sean Ratchford the U20 Javelin and Sean Heathcote the U17 400m in the last two matches at Wavertree and the Oval. In the U20 Women, Aileen Kearney easily took the 800m at Wavertree and won the 400m at the Oval.



Aileen Kearney leads off for Wales in the 4x400m at the Celtic Games

Photo: Rona Kearney

Endurance Grand Prix

In the July 10k, Martin Swensson (Penny Lane Striders) eased away from Phil Robertson in the closing stages to win by 45 seconds in 32m 48.9s with Greg Jones (Wallasey) in third. In all 13 runners completed the distance. Jordan Donnelly made a welcome visit to the Oval to win the final 5K on August 5th in 15m 41.6s from Phil Robertson and Greg Jones, despite the very wet conditions. Alan Robertson, the only runner to take part in all six races, was 4th in a brave attempt to maintain his lead in the Grand Prix based on the best five races from the six, but ended up third as Greg Jones and Richard Davies registered their 5th race.

Fifty three people took part in at least one event during the summer. The results of all the races are on the website. Many thanks to the members who helped with the lap scoring and bell ringing.

Road Relays

The Autumn road relay season is approaching with the North West Road relays, incorporating the Merseyside Championships on a new course at Edge Hill University on Sept 12th and the Northern Championships at Blackpool a week later. There are races for U13, U15 and U17 teams (3 to run) as well as Seniors (including U20s), male and female at both meetings.

Multi-terrain League

The popular Multi-terrain league is scheduled for Tuesdays in September, starting on Sept 1st, Regulars should note that due to the tide times the first two venues have been inter-changed. See the event list on the adjacent column for details and times of start. Usual arrangements – turn up on the night with the entry fee of £1 and hand your finishing ticket to the team manager at the end.

The league organisers are asking people to share cars for the Royden race, to reduce the congestion which caused some problems last year.

English Schools T&F Champs

We had seven competitors in the English Schools at Gateshead. The best performances came from Blake Brown who made the final of the Inter 100m, finishing 6th in a PB of 10.98s and Sophie Tarver who was 6th in the Senior 1500m in a time close to her personal best. Taylor Harry JG, 100m), Harvey Darroch (JB, LJ), Zita Aspel (IG, Dis), Emily Darroch and Tallia Higson (IG, 80mH) also took part. There is a report of their performances on the club web-site under latest news.

Club Vests

The official stockists of club vests are:

Runners Sport & Leisurewear

28, Birkenhead Road, Hoylake, CH47 3BW

Vests : £15 ; Green shorts : £10.

They will deal by mail : 0151 632 3820

Coming soon.....

| | | |
|-----------|---------------------------------------|--------------------|
| Aug 15/16 | Northern U17/15 Champs | Middlesborough |
| Aug 22 | Northern Inter Counties | Blackburn |
| Sep 1 | Multi-terrain League | Thurstaston 7pm |
| Sep 8 | Multi-terrain League | Royden Pk 7pm |
| Sep 12 | NW Counties Road Relays | Ormskirk |
| Sep 15 | Multi-terrain League | Harrison Dr 6.30pm |
| Sep 19 | Northern 6/4 stage and YA Road Relays | Blackpool |
| Sep 22 | Multi-terrain League | Arrowe Park 6.30pm |
| Oct 2 | Wirral AC AGM | Gatehouse 7.30pm |
| Oct 3 | Wirral AC Schools CC | Arrowe Pk 10.30 |
| | National 6/4 stage Road Relays | Sutton Pk |
| Oct 4 | National YA Road Relays | Sutton Pk |
| Oct 10 | Manchester Area CC league | Woodbank Pk |
| Oct 11 | Borders RR League | Capenhurst 11am |
| Oct 24 | L&D CC League | Beacon Pk 2pm |
| Oct 31 | ECCA CC Relays | Mansfield |
| Nov 7 | Manchester Area CC league | Sherdley Pk |
| Nov 8 | Borders RR League | Birkenhead Pk 11am |
| Nov 28 | L&D CC League | Sefton Park 2pm |
| Dec 5 | Manchester Area CC league | Bogart Hole Clough |
| Dec 6 | Borders RR League | Anglesey 11am |
| Dec 12 | L&D CC League | Stadt Moers 2pm |
| Jan 9 | Merseyside CC Champs | Arrowe Park |

Athletic Shorts.....

- ◆ Missed from the last Newsletter was the M55 Mens team's third place in the BMAF Road Relays in Sutton Park. After Graham Ratcliffe brought them home 5th on the first lap, Kevin Buxton improved to 3rd on stage two behind RH Cambuslang and Tipton Harriers with only 20 seconds covering 2nd to 6th clubs at the start of the third and final stage. As Tipton faded, further progress looked possible, but Dave Norman was unable to hold off a strong challenge from Woodford Green and the team had to settle for 3rd, just 5 seconds adrift of silver.
- ◆ In the Penny Lane Striders 10K, Phil Robertson (4th), Xavier Desse (6th), Kelvin Dickinson (15th) and Terry Roberts (21st) were 3rd team behind Liverpool H and Knowsley H. Caz Hall was first F45.
- ◆ Xavier Desse was 2nd M40 in the Cheshire Half Marathon in Warrington, 10th overall in 74min 59secs
- ◆ The Wirral Warriors came third in the mixed 6-8 team class in the Adidas Thunder run completing 34 laps of the 10k course in 24 hours, eclipsing their previous best of 32. This year the team, captained by Nick Wilson, ran in the event to fund raise for the Neurology unit at Walton who did a superb job of looking after Nick when he sustained serious head injuries following a car accident while training in September 2014. There is still time to contribute – see the News item previewing the event on the club website for details.