



Wirral AC Newsletter

No 215 Sept/Oct 2015

Editor: L J Carroll

Northern Medals for the U15s at Blackpool

Northern medals are apparently like buses – you wait ages for one and two come together. In fact the wait for road relay medals has been seven years and two sets were secured in little more than five minutes as the U15 Boys took the silver and the U15 Girls the bronze. Tom Spence gave the Boys team a solid start coming home 4th in the 5th fastest time of the race. Martin Hurst moved the team up to 3rd and Arran Kearney completed the sequence to finish in 2nd place behind Vale Royal who had led throughout. The B team of Jacobs Brophy and Quarmby and Jonathan Head finished 8th, the C team 14th and we even had a D team in 29th. For the Girls, Katie Thompson put the team in a position to challenge for the medals with third on their opening leg behind two strong Liverpool Harriers teams. Krystina Martindale, showing signs of her form of a couple of years ago, moved them into second and Juliet Hodder hung on to bring them home as third club. The B team of Catherine Spencer, Ella Head and Phoebe Croft took 16th place, the 4th B team to close.

Best of the rest was a fine run on the first leg for the U13 Boys by Louis Johnson, 4th in what proved to be the 4th fastest overall. The team, completed by Joe Fountain and Finan Johnson, ended up 22nd, with the B team 30th. We also finished teams in the U13 Girls (19th) and the U17 Men (14th and 21st). Sophie Tarver was fastest for the Senior Women who finished a creditable 16th out of 62 teams. The Senior Men were 34th (29th A team) out of the 101 teams that closed, with Phil Robertson's opening stage the fastest. The full results are on the SportSoft website. – photos of our medal winners below courtesy of Pat Brophy.

A week earlier in the NW Counties Road Relays on a new course on Edge Hill University campus, the U15 Boys dominated the Merseyside results with four teams in the first five, taking both the title and the medals for the first B team. The U13 Boys also won, with Louis Johnson recording the fastest time overall on the first leg.

Silver medals went to the U15 Girls, the U17 Men, and the U17 and Senior Women. The U13 and Senior Men had to settle for third, the latter by a mere 3 seconds from Knowsley Harriers. Full results on the SportSoft web-site.

Wirral AC Schools CC Races

Our annual cross country races for schools are scheduled for Arrowe Park starting at 10.30am on Saturday, Oct 3rd. Nick Lindesay will be Clerk of Course and would appreciate offers to help marshal and build the course from 9am based on the recently refurbished football pavilion. Please contact Nick on 0151 625 1124 or nicklindesay@msn.com



U15 Boys – 2nd team - Northern Road Relays
L to R : Martin Hurst, Arran Kearney, Tom Spence



U15 Girls – 3rd team – Northern Road Relays
L to R: Katie Thompson, Juliet Hodder, Krystina Martindale

Northern Medals for Blake and Emily

Blake Brown had a clear victory in the Northern U17 Mens 100m in 11.12sec, his best non-windy, electronically timed performance. Emily Darroch picked up the silver in the U17 Womens 80mH in 12.38s, after recording 12.29 in the heats. Best of the rest of the was Zita Aspel's 4th in the U17 Discus. Amber Harry, Ethan Paul and Andrew Porter also took part.

Multi-terrain Successes

The September series, master-minded by Steve Saunders, proved more popular than ever, with the number of finishers in the main race hitting 350 at the second round in Royden Park. We comfortably won all four Mens team and individual races and finished 3rd overall in the Womens team with Emily and Sarah Kearney both registering an individual win. Members took the lions share of the individual awards, winning 16 of the 48 marble slabs on offer. Overall winners were Phil Robertson (U30 and overall), Ieuan Kearney (U20), Xavier Desse (O40), Simon Fox (O50), Aileen Kearney (U20) and Sarah Kearney (O40).

The Young Athletes races were, as always, dominated by Wirral AC runners, Arran Kearney leading the Boys charge with four wins from Tom Spence with Martin Hurst third and Katie Thompson, also with four wins taking the Girls award with Hannah Das third. Ellen-Mary Kearney, who was too young to compete officially and qualify for an award, finished 2nd in three races and 3rd in the other.

Sportshall News

Mark Roberts is again organising Wirral teams in the NW Sportshall League with competition for Years 5-10. He has set up team practices on Mondays at Bebington Sports College Years 5/6 (4pm to 5pm), Years 7-10 (5pm – 5.45pm).

There are three matches before Christmas with the finals and other events next year:

Sunday Oct 11th at Crewe

Sunday Nov 15th at Widnes

Sunday Dec 6th at Deeside.

For further details, please contact Mark at inathletics1@hotmail.co.uk.

Through contact with Mark, Eveque Leisure, local suppliers of Sportshall and other athletics equipment have offered the club a 15% discount, a relationship the committee will be looking to develop in the future in conjunction with our new web-site.

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.....

Oct 2	Wirral AC AGM	Gatehouse 7.30pm
Oct 3	Wirral AC Schools CC	Arrowe Pk 10.30
Oct 4	National YA Road Relays	Sutton Pk, Birmingham
Oct 10	Manchester Area CC league	Woodbank Pk
	Merseyside Schools league	Croxteth Pk 10.30
Oct 11	Borders RR League 1	Capenhurst 11am
	NW Sportshall League	Crewe
Oct 24	L&D CC League 1	Beacon Pk 2pm
Oct 31	ECCA CC Relays	Mansfield
Nov 7	Manchester Area CC league	Sherdley Park
	Northern Open Indoor	EIS, Sheffield
Nov 8	Borders RR League 2	Birkenhead Pk 11am
Nov 14	Merseyside Schools league	Wavertree 10.30am
Nov 15	NW Sportshall League	Widnes
Nov 28	L&D CC League 2	Sefton Park 2pm
	incorporated into Cross Challenge	
Dec 5	Manchester Area CC league	Bogart Hole Clough
	Northern Indoor Open	ESI, Sheffield
Dec 6	Borders RR League 3	Anglesey 11am
	NW Sportshall League	Deeside
Dec 12	Merseyside Schools league	Stadt Moers 10.30am
	L&D CC League 3	Stadt Moers 2pm
Jan 9	Merseyside CC Champs	Arrowe Park
	incorporating the Wirral AC club champs for U20 and younger	
Jan 16	Manchester Area CC League	Heaton Park
	Merseyside Schools league	Arrowe Park
	Merseyside Sportshall	Manchester
Jan 17	Four Villages Half Marathon	Helsby
Jan 24	Borders RR League 4	Abergele 11pm
	NW Sportshall League Finals	Widnes
Jan 30	Northern CC Champs	Blackburn
Feb 7	L&D CCU Champs	Clarke Gardens
Feb 13	Manchester Area CC league	Wythenshawe PK
Feb 27	English National CC Champs	Donnington Pk

Athletic Shorts.....

- ◆ Road Race News: Xavier Desse was first Wirral runner up in the Capenhurst 5K in 16.34, with Mark Hulmston next in 17.02. Steve Laker completed the Lake Vyrnwy Half Marathon in 76.21 to take 14th place overall and 4th M40. Kelvin Dickinson clocked 2hr 59min12 sec in the Hull Marathon. Sarah Kearney was first Women home in the Caernarfon 10K in 38min 27sec. Jordan Donnelly was 54th in the Great North Run in 74.55
- ◆ Congratulations to Nick Wilson who got married on Sept 19th – the lengths some people will go to avoid a Northern!
- ◆ Nearly twenty U15 and U17 Boys and Girls helped Merseyside to 6th overall from 10 Counties competing in the Northern Athletics Inter Counties at Blackburn, team managed by Pam and Joe Green. Best performance of the day came from Emily Darroch who won the U17 Womens 80mH.