

Encouraging Start-Up for Track League Teams

The opening round of the YDL Upper league (West 1) at Blackburn saw the team make an encouraging start finishing fourth out of the seven clubs. Blake Brown led the way winning both the 100 and 200m in the U20 age group. Other A string wins were hard to come by with Fiona Nuttall's U20 Javelin win the lone female success though we did have a number of useful 2nd places in the U20 events from Aileen Kearney (200m/400m), Hanna Durrant (800m) and Nicola Harris (1500m), as well as in the U17s from Zita Aspel (Discus). Dominic Lavalley, a Blackpool & Fylde athlete who competes for us as they do not have a team in the league, produced a very useful 4m jump to take the U20 Pole Vault.

The YDL Lower league team in the top Northern division had a tough opening match with a trip to Sheffield where the host club were one of the newly promoted teams in a strong line-up which included Sale, Liverpool H, Preston H and the other newcomers, Harrogate H. Highlight of the day was the defeat of a strong Sale quartet by the U15 Girls sprint relay team of Obi Curry, Erin Hedges, Taylor Harry and Jaime Stanton. "A" string wins came from Harvey Darroch (U15, LJ), Jacob Brophy (U15, PV) and Chloe Penketh (U13, 75m and 150m) and we also won the U15 Girls 4x300m in which Sale were DQed. In the end, this well supported and organised team had to settle for 5th place with 411 points, with Liverpool Harriers in 4th with 444.5 points. A tough battle is in prospect to retain our place in the division.

The Northern T&F league at Wigan produced a comfortable 2nd place in Div 3W behind Wigan who were able to field a number of their UK Womens League team, an advantage they will not have in the next two rounds as the matches are on the same week-end. Performance of the day came from Sam Landsborough who was just edged out of a win in the 400m with a noteworthy 48.8sec, the first time he has been inside 50 seconds. He also won the 100m in 11.1sec. Phil Robertson shook off a persistent challenger from Border Harriers in the closing laps of the 5000m to win in 16m 8.7s in windy conditions. Emily Kearney registered wins in the 1500 and 3000m while Zita Aspel took the discus and Ella Johnson the pole vault.

Birkenhead Park Road Races – June 3rd
7pm Family Fun Run
Entries on the night – medals for all finishers



Senior team at the National 12 stage Road Relay in Sutton Park

Back row: Terry Roberts, Dave Norman, Mark Hulmston. Simon Fox, Kevin Buxton, David Brockway, Alan Woods.

Front row: Alan Robertson, Richard Davies, Phil Robertson, Steve Laker. Inset Graham Ratcliffe

Borders League Finale

The Men won the final round of the Borders league at Wrexham to ensure second place behind Wallasey AC, well-deserved champions after several wins that would have challenged the best team we could have put out. Callum Seymour led the team home in 6th with Mark Hulmston (12th) Steve Laker (13th) and David Brockway (17th) the leading counters. The Women finished 3rd on the night and 3rd overall, with Sarah Kearney (2nd), Emily Kearney (9th), Maria Brockway (43rd) and Chloe Dalton (47th).

A number of members picked up individual awards in the overall standings, notably Callum Seymour and Emily Kearney who won their U20 age groups and Sarah Kearney, who won the F40 age group and the trophy for the leading female. Third place awards went to Joe Johnson (M45), Jane Fraser (F60) and Nigel Pratten (M70). Simon Fox, our hard pressed captain who took part in every round, won a well-deserved award in the M45 age group.

Birkenhead Park Road Races

The club's annual 5 mile road race in Birkenhead Park now in its 46th year is on Wednesday June 3rd starting at 7.45pm. In response to comments about a couple of tight bends on the course in the Lower Park, this year's edition will feature a couple of course changes to remove them. As a consequence there will be an opening lap of 1 mile followed by three larger laps to make up the 5 miles and the start has been moved closer to the Visitors Centre.

***Lets have a solid entry from Wirral Seniors please!
Treat it as a confidence booster for the Welsh Castles
the following week-end.***

There will be a Family Fun Run starting at 7pm. Entries just £1 on the night with medals to all finishers.

Spikes too small? Don't discard, recycle!

Gill Fallon has suggested that spikes rejected as too small could be re-cycled to the next generation via the club. Pass them to Gill if you have any available.

Re-vamped Web-site

Ronan Kearney is in the process of reviving the club web site. He has circulated the committee and coaches for ideas for content and will be pleased to hear any suggestions from any member.

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.....

May 16	YDL Upper NW1	Wigan
	BMAF Road Relay	Sutton Park
May 23	Merseyside T&F Champs	Oval
May 30	YDL Lower Premier 1	Preston
Jun 3	Birkenhead Park 5	Lower Park
Jun 6	Northern T&F League	Oval
Jun 6/7	Welsh Castles Relay	Wales
Jun 10	Endurance Series – 3K	Oval 7.45pm
Jun 13	Merseyside Schools	Oval
Jun13/14	Northern Sen /U20 T&F	Sports City
Jun 21	YDL Lower Premier 1	Sports City
Jun 28	YDL Upper NW1	Wavertree
Jul 8	Endurance Series – 10K	Oval 7.45pm
Jul 12	Northern T&F League	Litherland
Jul 18	YDL Lower Premier 1	Oval
Jul 26	YDL Upper NW1	Oval
Aug 5	Endurance Series – 5K	Oval 7.45pm
Aug 8	Northern T&F League	Sports City
Aug15/16	Northern U17/15 Champs	Middlesborough
Aug 22	Northern Inter Counties	Blackburn
Sep 12	NW Counties Road Relays	Ormskirk
Sep 19	Northern 6/4 stage and YA Road Relays	York (TBC)

Athletic Shorts.....

- ◆ The Senior Men qualified for the National 12 stage relay with 24th place in the Northern in Sefton Park, finishing in 48th place, the 16th Northern team to close. See team picture on page 1
- ◆ Joe Wigfield represented NW England in the British Road Race Championships run as part of the London Marathon events. Joe was 6th in the NW team which took 2nd place.
- ◆ Phil Robertson was just edged out of the Merseyside Fell title by Rob Grantham (Pensby) in the annual event within the Rivington Pike Race. With John Hunt 3rd and Callum Seymour 5th, we won the team title from Southport Waterloo and Pensby. The Ladies race also saw a tight finish with just 12 seconds covering the first three home. Sarah Kearney took the title ahead of Lisa Grantham with Emily Kearney third. Sadly we lacked a third counter and the team title went to Pensby.
- ◆ Dave Alcock won the 5K in the Endurance Series in April in 16m 28.1s from Greg Jones (Wallasey) and Phil Langan. The Mile race in the Open meeting went to Joe Boden (Wallasey) in 4m 41s from Phil Langan with Ieuan Kearney in third, chopping 18 seconds off his PB in the process. The next event is a 3K on June 10th.
- ◆ Members defied the weather at a windy Thurston to feature in the Multi-terrain event. Phil Langan, John Hunt, David Brockway and Richard Davies filled 4th to 7th places, while the indefatigable duo of Emily and Sarah Kearney were 2nd and 3rd in the Ladies event behind Katherine Howard of Knowsley H.
- ◆ Results of our YA Medal meeting including the URENCO Mile are now on the Power of 10.