

## Hot Start to June

“Which planet are you on, Mr Editor?” I hear you ask. In fact this headline refers not to the weather, but the Wirral Senior teams as we won the second round match in the Northern Track & Field league at the Oval to go to the top of Division 3W and finished 4th in the Welsh Castles Relay, the best run in the event for ten years, all on the first week-end of June.

At the Oval, the team won by more than 75 points from Manchester Harriers, with double wins in the 100m ( Sam Landsborough and Victor Oyesola) and 1500m (James Taylor and David Brockway) for the Men and in the 400m ( Aileen Kearney and Sophie Money) and 1500m (Sarah Kearney and Heather Nuttall) for the Women. Andy Boyd and Craig O’Brien teamed up with Sam and Victor to take the 4x100m, while Aileen, Sophie, Heather and Sarah (yes, really!) took the 4x400m. For the Women, Zita Aspell (Discus), Ella Johnson (400mH and PV), Aileen Kearney (TJ) and Eimear Corr (HJ) all had A string wins. Ben Tagg won the 400mH and picked up useful points in the horizontal jumps and high jump. Team managers Gareth Jones and Fiona Nuttall toured the field events as well as competing in hurdle and steeplechase events to amass 51 points between them. The feature event of the meeting was the Mens Pole Vault, in which Harry Coppell of Wigan broke the Northern League record with 5.42m in very unfavourable conditions, a vault which places him 2nd in the National U20 rankings.

The Welsh Castles relay is run over two days with 10 stages each day, starting at Caernarfon Castle and ending up at Cardiff Castle, with an overnight stop at Newtown. The stages vary from 7.7 miles to 13.1miles, with some ferocious climbs. This year we had two stage winners in Phil Langan on Leg 8 and Emily Kearney on leg 19 and a number of other runners in the frame, including Xavier Desse (2nd on leg 2), Graham Ratcliffe (3rd on leg 13) and Sarah Kearney (2nd lady on Leg 18). Fourth place behind Serpentine, Les Croupiers and Sale Harriers in a field of 65 was only achieved, of course, by a great overall performance with all our runners in the first 20 and 9 in the first 10, as well as some serious spade work by Senior Captain, Simon Fox, to get them all to their start lines – and get them home again.

## Birkenhead Park Road Races

Graced by some fine weather for once, the Birkenhead Park 5 had 212 finishers, the largest number since 1999. Martin Swenson (PLS), Phil Robertson, Alex Hall (Vale Royal) and Phil Langan moved away on the first short lap and soon established a significant gap. That was the finishing order with just 21 seconds covering them at the end, Martin Swenson repeating his 2013 win in 26.08.

The Ladies race went to Kirsty Longley (LPS) in 30.15, 10 seconds ahead of Sarah Roberts (Pensby) with Nicola Bird (Ellesmere Port) 41 seconds adrift in third.

The Family Fun Run proved popular with the 90 finishers led home by Tom Spence and Harry Ball, both inside 6mins for the 1 mile + 21 yard course.



Leaders in the Birkenhead Park 5 shortly after the start.  
293 Martin Swenson (PLS, 1st), 249 Phil Robertson (2nd), 250 Alex Hall (Vale Royal, 3rd). Partly hidden : Phil Langan (4th). 330 Will Patterson (11th)

## YDL News

The second round of the YDL brought a useful 2nd place behind Liverpool H in the Upper League, taking us up to 2nd overall narrowly ahead of East Cheshire. "A" string wins came from Blake Brown with 11.0s in the U20 100m (as an U17), Greg Mankin (U20, 400mH), Dominc Lavallo (U20, PV), Joe Wigfield (U17, 1500m Steeple), Heather Nuttall (U20, 1500m Steeple) and Fiona Nuttall (U20, Jav).

A well-supported team in the Lower Division again finished 5th in a close match with 433 points behind Liverpool H (4th, 445 pts) and Sheffield (3rd, 447.5 pts) with Sale and Preston well clear in 1st and 2nd. For the Boys, Harvey Darroch was the lone individual "A" string winner with 5.36m in the U15 LJ, though the quartet of Sam Tempest, Casey Woodworth, James Allkins and Ethan Paul won the U15 4x300m. For the Girls, Chloe Penketh again achieved the sprint double for the U13s, the 19.9s for the 150m ranking her joint 5th nationally.

The full results for all YDL matches can be found at <http://www.ukydl.org.uk/>

### Re-vamped Web Site

Thanks to an initiative by Ronan Kearney the web-site has been upgraded with the same web address. The version currently showing is, as they say, under development, and you are encouraged to have a look and send comments and suggestions to [info@wirralac.co.uk](mailto:info@wirralac.co.uk).

A number of members will be able to add material and hopefully keep the site up to date to make it a useful source of information about club activities as well as attractive to potential members.

### Merseyside County T&F Championships

Members picked up 28 gold medals at the County T&F Championships at the Oval at the end of May. The Wirral performance of the day came from Chloe Penketh, who broke the Championship record for the U13 150m in the heats and then lowered again in the final. We dominated the U15 Girls 200m taking the first four places in the final with Obi Curry, Taylor Harry and Jamie Stanton taking the medals with Erin Hedges in 4th. Blake Brown had a comfortable double in the U17 Sprints, while Harvey Darroch bettered his Long Jump PB by 16cms to win the title with 5.53m. The U15 800m saw two Wirral victories in PBs: Katie Thompson ran 2m 24.3s ahead of a more fancied bunch of Liverpool Harriers and Arran Kearney clocked 2m 11.9s for a well judged win.

Full results on the County web-site:

<http://merseysidecountyaa.org.uk/>

### 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.....

Jun 21	YDL Lower Premier 1	Sports City
Jun 27/28	ESAA NW Multi-events	Oval
Jun 28	YDL Upper NW1	Wavertree
Jul 8	Endurance Series – 10K	Oval 7.45pm
Jul 10/11	English Schools T&F	Gateshead
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
	MCAA Open T&F meet	Wavertree
Aug 8	Northern T&F League	Sports City
Aug 9	YA meeting at Wrexham	Wrexham
Aug 15/16	Northern U17/15 Champs	Middlesborough
Aug 22	Northern Inter Counties	Blackburn
Sep 1	Multi-terrain League	Royden
Sep 8	Multi-terrain League	TBA
Sep 12	NW Counties Road Relays	Ormskirk
Sep 15	Multi-terrain League	TBA
Sep 19	Northern 6/4 stage and YA Road Relays	York (TBC)
Sep 22	Multi-terrain League	TBA
Oct 2	Wirral AC AGM	Gatehouse 7.30pm

### Athletic Shorts.....

- ◆ Phil Robertson and John Hunt ran for the Merseyside Mens team that finished 9th from 19 in the Inter Counties Fell Running Championships at Betws-y-coed. Emily and Sarah Kearney counted in the Womens team that finished 7th from 10.
- ◆ Xavier Desse won a 10k in Blackley in 36.22 on May 2nd – how does he find them?
- ◆ Jordan Donnelly, currently in the USA, ran 1m 50.39s for 800m in Concord and also clocked 3m 53.7s for 1500m in Boston.
- ◆ The next event in the Merseyside Grand Prix is the Penny Lane Striders 10k on June 28th. Not less than 26 PLS members supported our Birkenhead Park 5 miler so let's see plenty of Wirral vests in support of this local club promotion, please.
- ◆ Phil Langan and Sarah Kearney were the leading finishers in a 10K at Hoylake on June 13th.
- ◆ James Taylor had a comfortable win in the June Endurance 3K in 8m 53.3s ahead of Phil Robertson and Phil Langan. After 4 events, Richard Davies leads the Grand Prix by 3 points from Alan Robertson with Mark Hughes third. The next race is the 10K on July 8th. If you are not planning to run, your help as a lap scorer would be appreciated. Contact me or Simon Fox.
- ◆ Aileen Kearney who posted a PB winning a Merseyside County Championship with 57.5secs in the 400m, had an invite to pace two 800m races at the BMC Grand Prix at Sports City on May 30th on the back of her running this season. You can see her on Vinco – if you have not got an account you will have to set up one up (free and almost instant!) to do so at [www.runjumpthrow.com](http://www.runjumpthrow.com)
- ◆ Stop press: Sophie Tarver took the bronze medal in the Northern U20 800m in a PB of 2m 14.11sec. Sam Landsborough made the final of the Mens 100m recording 10.97s, after running 10.86s in the semi-final.