

## U13 Boys and U15 Girls Shine at Mansfield CC Relays

The outstanding team run of the day at the English National relays at Berry Park came from the U13 Boys. Louis Johnston set them up, finishing 9th on stage 1 in the fastest Wirral time, but the surprise packet came on the second leg as Zach Russell in his first year in the age group moved the team up to 3rd. Joe Fountain, another first year in his first major outing at this level, hung on very well to bring the team home 6th, our best position since 5th in 2008. Notably, that team went on to take 3rd in the National later in the season. The U15 Girls almost matched the U13 Boys. Krystina Martindale produced their quickest run in leg 1, Juliet Hodder moved up 13 places and Katie Thompson gained another to bring them home 7th.

Best of the rest of the 50 Wirral runners, was 14th by the U15 Boys with the same trio who were second in the Northern Road Relay. Tom Spence ran their fastest time on leg 1, with Martin Hurst and Arran Kearney picking up 8 places over the closing stages. In the Mens events, U17 came 23rd, U20 50th and Senior Men 55th. The U13 Girls closed in 24th, with Ellen-Mary Kearney surviving a rough start to produce their fastest time. In the Womens events, we were 19th in the U20 and 65th in the Senior race. We finished B teams in the U13 and U15 Girls, as well as the U13 and U15 Boys in which we also had a C team, and in the U17 and Senior Men.



Joe Fountain bringing the U13s home in 6th at Mansfield

### Another CC National Title for the M55s

Dave Norman, Graham Ratcliffe, Tony Devooy and Kevin Buxton carried off the M55 team title at the British Masters Cross Country relay at Long Eaton in Derbyshire on Oct 24th.

After Kevin's opening 6th place, Tony moved them to 3rd and Graham handed the lead to Dave, who produced their fastest time to hold off the fast-finishing Sheffield AC and win by 25 seconds with Oxford City 3rd.

### T&F Awards for 2015

**George Warburton Cup** for the outstanding T&F performance.  
**Blake Brown** (100m, 1st Northern U17) \*

#### Age group awards

<b>Hunt Shield</b> for U13 Boys	<b>Louis Johnston</b> (1500m) *
<b>Hunt Shield</b> for U13 Girls	<b>Chloe Penketh</b> (75m) *
<b>Weston Trophy</b> for U15 Boys	<b>Harvey Darroch</b> (LJ)
<b>Waterson Plate</b> for U15 Girls	<b>Obi Curry</b> (200m) *
<b>Hinds Cup</b> for U17 Men	<b>Alex McBain</b> (800m)
<b>Hinds Bowl</b> for U17 Women	<b>Zita Aspell</b> (Discus)
<b>Carroll Shield</b> for Jun/Sen Men	<b>James Taylor</b> (1500m)
<b>Bushell Cup</b> for Jun/Sen Women	<b>Aileen Kearney</b> (400m)

<b>Wellock Shield</b>	<b>Fionna Nuttall</b>
<b>Gilbert Award</b>	<b>Ben Lyon</b>
<b>Endeavour Vase and Plate</b>	<b>Phoebe Croft</b>
<b>Pat Carr Shield</b>	<b>Daniel Nuttall</b>
<b>Frank Lathom Plate</b>	<b>Sarah Kearney</b>
<b>Phil Keenan Award</b>	<b>Sam Landsborough</b>
<b>Sportshall Trophy</b>	<b>Catherine Spencer</b>
<b>Athletes Choice</b>	<b>David Brockway</b>

\* To be presented with AAA Grade 1 badge and certificate. A presentation will be made to Aileen Kearney to recognise her selection for Wales

The awards will be presented at the Higher Bebington British Legion Social Club on Friday Nov 20th (7.30pm for 8pm) followed by disco and buffet.

Tickets from Sarah Kearney – 0151 652 3478

## **Cross Country Leagues**

The Senior Men began the L&D League journey with a competitive 3rd place, just nicked by 3 pts by LPS with Liverpool Harriers comfortable winners after placing the first three home on the tough course at Beacon Park. As so often in recent events it was Phil Robertson who led the team home in 4th, followed by Phil Langan in 7th. David Brockway continued to impress with 9th, with Xavier Desse ( 15th), Steve Spence (20th) and Mark Hulmston (26th) completing the count. John Hunt, racing again after a serious fall and injury in a fell race in September was the first non-scorer in 28th. The next race is within the Euro Cross at Sefton Park on Nov 28th and we have to order chips and numbers at £2 each. If you have not done so already email your editor asap.

There was a thin turn-out across the board at the first Manchester Area league due to clashes with the Merseyside Schools league and the Borders league that week-end. The U15 Girls finished 6th, led by Krystina Martindale (7th) with Juliet Hodder (25th) and Erine Davies (27th) the counters. Sarah Kearney was first F40 in the Womens race, with Anne Rosbottom and Caroline Brophy making up the count for 7th in the Veteran class. The addition of Aileen Kearney completed the count in the overall Womens race for 12th place.

## **Borders Road Running League**

There was an air of deju-vu at the first Borders League at Capenhurst as we were narrowly beaten by Wallasey in Mens Div 1. Phils Robertson (4th) and Langan (8th) led the team home followed by Steve Laker in 11th, his best run in the Borders League to date. With a number of middle order runners missing, we had to wait to 90th for the 10th counter. Complacency should be avoided – Wallasey were also without a number of key runners. The Women were also 2nd, with a single point margin over Ellesmere Port with newly promoted Chester Tri easy winners. Sarah Kearney (4), Sophie Hunt (5), Aileen Kearney (12) and Heather Nuttall (29) were the counting four.

## **London Marathon Places for 2016**

We have been allotted 2 places in the London Marathon in 2016 to distribute to club members. Applicants should contact Leo Carroll or sign the notice in the Gatehouse by Dec 15th and will need to have represented the club in leagues or championships at least 3 times in 2015. If there are more qualifying applicants than places names, will be drawn from a hat before Christmas.

## **Schools CC Races**

The Girls races were dominated by West Kirby, with Wirral GGS and Upton in the minor places. St Anselms won the Boys races with Calday providing the only competition in the two older age groups. St Mary's Boys and Gayton Girls won the Yr5/6 races.

## **Club Vests**

The official stockists of club vests:

**Runners Sport & Leisurewear**

28, Birkenhead Road, Hoylake, CH47 3BW

Vests : £15 ; Green shorts : £10.

They will deal by mail : 0151 632 3820

## **Coming soon.....**

Nov 7	Manchester Area CC league	Sherdley Park
	Northern Open Indoor	EIS, Sheffield
Nov 8	Borders RR League 2	Birkenhead Pk 11am
Nov 15	NW Sportshall League	Widnes
Nov 21	Merseyside Schools league	Wavertree 10.30am
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 age groups	
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
Mar 6	Wirral AC Senior Champs	Arrowe Pk 11am
Mar 12	Inter Counties CC Champs	Cofton Park
Mar 13	BMAF CC Champs	Bath

## **Athletic Shorts.....**

- ◆ Steve Laker ran a very creditable 2hrs 56m 39s to take 3rd M40 spot in the Snowdon Marathon. A tough circuit on a good day, poor weather made the off- road passage down to Llanberis in the closing miles particularly hazardous for tired legs.
- ◆ Lyn and Les Ebbrell and Maria and Anthony Brockway travelled to France for the Marathon de Medoc in September. I found this description of the event in a Guardian blog: "The course is 26.2 miles through scenic vineyards and the participants – in compulsory fancy dress - are expected to indulge in 23 glasses of the famed vintages en route, while also stuffing themselves with local specialities such as oysters, foie gras, cheese, steak and ice-cream." Perhaps that is why the cut-off is over 6 hours? As it was won in 2h 26m 41s I suspect not all the competitors follow these guidelines.
- ◆ Congratulations to Sarah Kearney, who has been selected to run for Wales in the Home Countries CC International in Dublin on Nov 14th. She may not be the lone Wirral participant – Dave Norman is on the reserve list for the England M55 team.
- ◆ Teams competed in the ERRA YA Road Relays in Sutton Park in selected age groups. For the U15 Girls A, the same team that ran at Mansfield (see p1) took 7th and the B team 43rd. The U15 Boys A team just made the first 10, with the B team 26th and C team 40th. The U17 Men A finished 18th with the B team 44th.