

Phil Robertson Wins Borders at Caernarfon

After leading the club team home more often than not in the last couple of years, Phil Robertson made another big step forward, winning the Borders League at Caernarfon, the first win by a Wirral AC runner since Mark Hulmston in 2006. The news gets better – he was chased home by Phil Langan making it the first one-two since Alan Woods and Paul Howarth finished together in 2000. With Steve Laker also producing a Borders PB in 8th, Kelvin Dickinson and Mark Hulmston in 15th and 16th and 10 in 55, the team cruised to an easy win from West Cheshire and Wallasey. Combined with the win in Birkenhead Park in early November when Phil Langan (3rd), Callum Seymour (9th), Alan Robertson (11th) and Steve Laker (14th) made the first 15, we are now over 200 points clear at the top of Division 1. However with four races to go there is plenty of time for the chasers to catch up, so complacency should be avoided.

The story in the Womens competition is less happy as only two travelled to Caernarfon. Sarah Kearney was 2nd overall but with only Caz Hall (19th) in support we forfeited 300 points, leaving the team with a tough struggle to avoid relegation. The full results and brief commentary by Mike Stone can be found on the Borders web-site: <http://www.bordersleague.org.uk/results/>

Strange happenings at Stadt Moers

Not a Christmas tale of ghosts in suburbia, but a remarkable result from the last L&D CC League: we won with 41 pts, our lowest score ever, and won the league overall for the first time since 1969-70. The reason in a few words is that only one Liverpool Harrier runner showed up – perhaps they didn't like the rain which was forecast and did show up by the bucket-full.

The two Phils, Robertson and Langan, were prominent from the start but James Loftus (LPS) stole the march on them on the penultimate lap and held off Phil Robertson's late charge to win by 2 seconds with Phil Langan 3rd. David Brockway ran sensibly on the muddy course to take 4th with Steve Spence (6th), John Hunt (10th) and Richard Davies (16th) completing the 6.

Andy Baddeley at the Gatehouse

The first of a series of talks arranged by Ronan Kearney will take place in the Gatehouse on Wednesday, Dec 23rd, given by Andy Baddeley and entitled "Training to be an Olympian". The details below are taken from: <http://www.wirralac.co.uk/wirral-development-talk-series/>

"The talk series is open to all club athletes, coaches and parents, but we can only seat 50 guests at each talk, so it is strictly first come/first served at the door. There is a small charge of £2 for adults and £1 for children, which gets you a hot or cold drink and a biscuit. All talks are held at the Clubhouse, 19:30 for a 19:45 start, ending at 20:30"



Award Winners at the Track&Field Presentation

Standing: Aileen Kearney, David Brockway, Zita Aspell, Sam Landsborough, Alex McBain, Daniel Nuttall, Ben Lyon, Fiona Nuttall
Kneeling: Sarah Kearney, Chloe Penketh, Catherine Spencer, Phoebe Croft, Obi Curry, Blake Brown, Louis Johnston, Harvey Darroch

Manchester CC League

With other events elsewhere there was a limited Wirral turn-out at the third Manchester CC league at Boggart Hole Clough. Alex Poulston was 2nd in the U11Boys, while Juliet Hodder in 7th led the U15 Girls to 4th place, with Erine Davies and Ella Head the other counters. Seven braved the elements in the near 200 strong field in the Womens race, with Anne Rosbottom first up in 30th as the team closed in 17th with Elsa Bromhall, Chloe Dalton and Rachel Bainbridge completing the count.

Among the other events was the English Schools Cup Final at Bedford, where the Intermediate Boys race was won by St Anselm's College with all counters Wirral AC members. The College also finished 9th in the Junior Boys with Calday GGS 18th from the 24 top schools who made the final.

Volunteers Needed!!

We are hosting the Merseyside County CC Championships in Arrowe Park on Saturday Jan 9th. Nick Lindesay will be Clerk of Course and is looking for volunteers to help lay out the course from 9am and marshalls during the races which start at 10.45am. If you can help for all or part of this time, please contact Nick on 0151 625 1124 or nicklindesay@msn.com.

PBs at the Sale Indoor Meeting

The outstanding result in the Sale Indoor Meeting at Sports City in early December was Blake Brown's win in the fastest heat of the 60m in a PB of 7.02s, taking the scalp of Sam Landsborough. (7.13s and 7.12s in a second race). Early days, but that is currently the fastest U17 time in the country for this winter season on Power of 10.

Among eight other Wirral AC PBs at 60m were Mario Cavvaluzzi who won his U17 heat in 7.54s, Obi Curry (2nd, U15 in 8.24s) and Chloe Penketh (U15, 8.45secs). Daniel Pass (T20) won his heat in 7.60s, just 0.03s off his PB from last season.

CC Championships Entries

Coaches and team managers are gathering names to be entered in the Merseyside, Northern and National Cross Country Championships. The Merseyside entries close before Christmas and the other two in the week starting Jan 11th. In the younger age groups, if you have not been asked already, speak to your coach asap. Senior Men should contact the Senior Captain, Simon Fox and Senior Women, Sarah Kearney.

Email Addresses

Hopefully, widely publicised by now, I have changed email address to carroll543@btinternet.com

In the course of setting up my contacts in the new mailer, I noticed that a number of members have changed their email addresses in their personal page on the EA data-base. This they are at liberty to do, but should note that we are not advised of such a change. Anyone wishing to change details such as address, phone number or email address should let the Membership Secretary, Christine Yavari, know so our records are up-to-date. Her email for such matters is:

christinemembership@gmail.com.

Note that for U18s, we intend to continue to use the email address supplied on membership application forms as these are used for notification that subs are due, unless advised otherwise by parents.

Coming soon.....

Jan 9	Merseyside CC Champs	Arrowe Park incorporating the Wirral AC club champs for U20, U17 U15 and U13 age groups.
Jan 16	Manchester Area CC League	Heaton Park
	Merseyside Schools league	Arrowe Park
	Merseyside Sportshall	Manchester
Jan16/17	Northern Indoor Sen/U20/U17	Sheffield
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 6	Merseyside Schools Champs	Arrowe Park Am
Feb 7	L&D CCU Champs	Clarke Gardens
	Northern Indoor U15s	Sheffield
Feb 13	Manchester Area CC league	Wythenshawe PK
Feb 27	English National CC Champs	Donnington Pk
Mar 5	English Schools Champs	Nottingham
Mar 6	Wirral AC Senior Champs	Arrowe Pk 11am
Mar 12	Inter Counties CC Champs	Cofton Park, Birm
Mar 13	BMAF CC Champs	Bath
Mar 20	Borders RR League 5	Tattenhall 11am
Mar 26	Merseyside Fell Champss	Rivington 3pm
Apr 2	Northern 6/12 stage Relays	Stockport
Apr 16	National 6/12 stage Relays	Surtton Park
Apr 17	Borders RR League 6	Mold 11am
Apr 27	Borders RR League 7	Shotton 7pm

Athletic Shorts.....

- ◆ Best individual result of the day in the Euro-cross at Sefton Park was Alex Poulston's 5th in the U11Boys, though Louis Johnston's 13th in the more competitive U13 Boys race ran him close. In the L&D league, run within the Senior Mens race, we had 5 in 20, good enough for 3rd behind Liverpool H and Southport/Waterloo and over 100 points clear of the rest.
- ◆ Sarah Kearney was first counter in 12th place for the Welsh team that finished 5th in the F40 age group in the Masters Home International in Dublin. Dave Norman who was reserve for the M55 England team ran in the Open race and was the first M55 to finish in 17th place.
- ◆ Note that the popular Round the Walls race on Boxing Day will NOT take place this year. The organisers, West Cheshire AC, hope the race which started in 1972 will resume next year
- ◆ Chris Ball and Maria Brockway received our two London entries. Both were unsuccessful in the national ballot, so we are pleased to be that their participation in club events has given them this opportunity to compete in this iconic race.
- ◆ Your secretary and editor has been installed as the President of Northern Athletics for 2015-16 and is looking forward to placing many Northern medals round Wirral AC members necks during the year.
- ◆ Phil Langan won the BP Park Run on Dec 5th in 15.50, his best time in the series so far.