

Track & Spring Road Relays Results 2009

Midland T&F League University August 9

The Team Manager's last words were: 'Every point will count'. And so it proved. With 3 teams fighting for promotion and the other 3 fighting to avoid relegation and every team was 'up for it' and a tense battle ensued. The lead swopped round all afternoon and we were somewhere between 1st and 4th, sometimes in a promotion position and sometimes out of it. At the end there were only 23 event points between the first 5 teams and we were among them. We almost won the match but for the DQ in the men's 4 X 400m relay. Halesowen beat us by 1 point. However the team put up a magnificent performance with Patriece leading the way with a massive pb and club record in the long jump. There were 24 pb's altogether. Halesowen and us are now promoted to division 2 and Tipton and Telford relegated to division 4. Telford and Yate were tied on match points but Telford had 7 fewer event points over the 4 meets, 1268 for Yate and 1261 for Telford. Every point all season turned out to be crucial. Well done to the women's team in particular for beating all the other women again.

Result: Halesowen 369, B'ham Rowheath 368, Telford 347.5, W & B 339.5, Yate 336, Tipton 277

Following Friday's League AGM we now know the venues for the four Division 1 cross country races next season and the good news is - no trips to Northampton or Gloucester this time!

24th October 2009	Senneleys Park (all 3 divisions)
5 th December 2009	Birchfield
16 th January 2010	Coventry
13 th February 2010	Rugby (Princethorpe College)

London Marathon April 26

50th Martin Matthews 2.29.14, 2088th Mark Ince 3.15.48, 2665th Mark Grace 3.21.52

London Mini Marathon 3 Miles April 26

Boys (15-17) 8th Paul Thompson 14.31, 17th Jack Gray 14.55, Girls (11-12) 26th Anne Kenchington 19.22 (3rd Regional Team).

Midland Track & Field League April 26

The first meeting on May 2 will now take place at Birmingham University. The Tipton track is not available.

London Mini Marathon April 26

Anne Kenchington, Jack Gray and Paul Thompson will be competing in the Mini Marathon representing the West Midlands Region on Sunday. This will be held before the main marathon.

Birmingham Open Meeting April 22

The results are now up on the site. It was a busy night and our sense of humours were stretched! Any queries on the results, please contact us through the website.

National 12-stage Road Relays - Sutton Park - April 18

After a mixed performance at Midlands, the team was looking to set things right at Nationals. Unfortunately, team captain, Richard G, was again plagued by some last minute dropouts and enforced leg changes, which didn't help the cause. In the end we put together a decent enough performance, with the squad available. We finished 59th out of 62 completed teams. If you factor in the six incomplete teams, we were 59th out of 68 teams, which is marginally - but not much - better.

Well done to everyone who took part. Special mention to Rob Vaughan who stepped in - on a long leg no less, in spite of having missed the majority of the last 12 months due to injury. And a big thank you again to team Captain Richard G, who by his own admission, aged ten years in trying to get the team together!

59 Birmingham Rowheath AC 5:01:57, Andy Kenchington (63) 30:37, Richard Carney (66) 19:12, Rob Vaughan (66) 32:38, Ian Emery (66) 18:49, Mark Ince (65) 31:18, Mark Grace (65) 19:14, Richard Gray (64) 31:24, Toby Gosnall (65) 18:28, Martin Matthews (62) 29:17, Steve Titmarsh (60) 18:13, Paddy Allaway (60) 34:08, Mark Edwards (59) 18:39