

## XC Results Jan – March 2009

Masters National XC Ruthin March 21

Andy Kenchington M40 20th 30m53s (40th o/a 35-49), Richard Gray M50 8th 31m13s (10th o/a 50-59), Margaret Kenchington, 4th M50

English Schools XC Champs Leicester March 21

Senior Boys 2nd Paul Thompson, Inter Boys 198th Jonny Venables, Junior Boys 301st Niall Harris.

Inter Counties XC Champs Nottingham March 7

After a lean season Paul Thompson produced a win in the biggest domestic race of the season leading Warwickshire to a bronze team medals. U20 Men 77th Matt Bayliss, U17 men 1st Paul Thompson, U15 Boys 116th Jonny Venables, U17 Women 185th Lauren Creamer, U13 Girls 112th Anne Kenchington

Midland Indoor Championships

James Griffith was our only medallist, winning the U20M Triple Jump with 13.15m and runner up in the Long Jump with 6.00m, Matt Bayliss came 5<sup>th</sup> in the U20M 800m with 1m 58.70s

Indoor Open Meetings

All competing athletes recorded indoor personal bests throughout a series of meetings. The best performances were :- U20M David Lima 60m 7.21s, James Griffith 60m 7.42s, 400m 51.82s, LJ 6.06m TJ 13.19m, Giziel Lima 60m 7.43s, Nvetey Ayeh 60m 7.59s, 200m 24.65s, Pablo Taylor 60m 7.90s, Matt Bayliss 800m 1m 58.25s, U17M John Lutwyche 60m 7.34s, 200m 23.1s, TJ 11.77m, Prince Ayeh 60m 7.53s, 200m 24.43s LJ 5.59m, TJ 11.49m, Jack Gray 1500m 4m 06.8s

Warwickshire County Athletics Association March 2

Richard Carney has recently taken on the role of President of the County Association. Richard has done some excellent work in the promotion and organisation of County Championships over the last few years so well done Richard!

Inter Counties XC Champs Nottingham March 2

This year sees 6 club athletes competing for Warwickshire. U17 Women Lauren Creamer, U13 Girls Anne Kenchington, U20 Men Matt Bayliss, U17 Men Paul Thompson & Jack Gray and U15 Boys Jonny Venables.

West Midland XC League March 1

Some excellent overall performances with Gus Iliff finishing 5th overall in the U11 Boys and Jack Gray 2nd in the U17 Men. Alice Collier finished 2nd on the day but was 9th overall.

Results

Warwickshire County Track & field Champs Leicester

March 2

The County Track and Field Championships of Leicestershire and Rutland, Northamptonshire and Warwickshire will once again be held jointly at Saffron Lane, Leicester, over the weekend of May 9th/10th 2009.

Full details of the event can be seen at [www.3CountyAthletics.co.uk](http://www.3CountyAthletics.co.uk).

We prefer that athletes enter on line because it saves them and us time and money. In recognition of that, on line entries will be 50p per event cheaper and the closing date will be one week later on 15th April.

If you prefer to enter on paper you can download an entry form from [www.3CountyAthletics](http://www.3CountyAthletics) but take care to respect the earlier closing date of 8th April. If you miss the deadline for paper entries then you still have a week to enter on line. The onus is on the athlete to make sure that s/he completes the form properly, addresses it correctly and posts it on time. The organisers will not allow "late" entries to compensate for any not received for any reason at all.

There are several important changes this year all of which are detailed in the prospectus but note especially that

- (1) The meeting now includes the steeplechase for some female age groups.
- (2) The meeting now includes sprint hurdles for the U13 age groups.
- (3) Entry to the stadium will be FREE to ALL (not just athletes and coaches).
- (4) Detailed timetables will NOT be sent to athletes but they will be available on the web site closer to the date of the meeting.

National XC Champs – Parliament Hill – 21<sup>st</sup> Feb

On a perfect day for Cross Country, the National was held over the famous Parliament Hill / Hampstead Heath course. The club had representatives in 3 of the day's races. In the U13 girls' race Anne Kenchington finished 61<sup>st</sup> of the 354 finishers in a time of 14.02. In the U17 men, Paul Thompson came in 23<sup>rd</sup> of the 285 finishers in 21.24. In the Senior men's race there were 1455 finishers including Andy Kenchington 389<sup>th</sup> (48.12), Richard Gray 478<sup>th</sup> (49.35), Chris Lindsay 881<sup>st</sup> (55.31) and Paul Edwards 1411<sup>th</sup> (70.40). Margaret Kenchington also ran in the Senior women's race as part of the Bournville team and finished 200<sup>th</sup> in 38.10. Photos by Nick Price and Martin Ludford are in the photo gallery.

Birmingham XC League Gloucester

February 14

A great performance by everyone when it mattered meant that we completed another great escape at Gloucester. Our score of 430 was our best of the season and meant that we finished 12<sup>th</sup> on the day and held on to 13<sup>th</sup> place overall, thereby avoiding relegation to Division 2. The race was won by Coventry Godiva who clinched the Championship for the season. Telford, Kenilworth, and Solihull were relegated to Div 2 for next season. Our B team finished 6<sup>th</sup> on the day with 873 points, also our best score of the season and ended the season in 5<sup>th</sup> place which is also very encouraging. It demonstrates our strength in numbers and enthusiasm. Interesting to note that the majority of clubs were unable to finish a B team in all 4 races.

Individual positions Martin Matthews 32, Matt Bayliss 58, Mark Loveday 75, Andy

Kenchington 82, Rob Vaughan 89, Richard Gray 94 A Team total = 430

Paddy Allaway 112, Chris Lindsay 144, Steve Titmarsh 146, Tom Williams 148, Ian Emery 161,

Dan Barnshaw 162 B Team Total = 873

Rob Ryan 165, Mark Grace 166, Abayomi Adedimeji 174, Richard Carney 176, Nick Irons 181, Charlie Hanson 183, There were 188 finishers

Full results are on the League website at [www.birminghamccleague.co.uk](http://www.birminghamccleague.co.uk)

Nick Price's photos are on the Club website photo Gallery at [www.birminghamrowheath.co.uk](http://www.birminghamrowheath.co.uk)

Thanks to everyone who turned out for this final race and for the other races this season, along with everyone who came along to support and to help with organising things. Have a great spring and summer season. Martin Ludford

### Results

West Midland XC League Nuneaton January 18

### Results

Midland Womens XC League Coventry January 17

### Results

Birmingham Cross Country League Coventry January 17

### Results

Warwickshire County XC Champs Cofton Park January 10

The club hosted the event at Cofton park on a very cold day. A big thank you to all those who braved the cold to marshal and build the course. It was good to see so many of the members supporting the event in varying roles. Some excellent performances with Paul Thompson finishing 2nd and Jack Gray 3rd in the U17 Men. Matt Bayliss 2nd in the U20 Men, Jonny Venables finishing 3rd in the U15 Boys and Anne Kenchington 4th in the U13 Girls. All these athletes are now automatically qualified for the Warwickshire team for the Inter Counties. Our Master Mens team finished 3rd overall. We have uploaded over 500 photos onto the Flickr site.

### Results