



Cross Country and Road Race Annual Report 2009-2010

Cross Country Northern Representative Report

Season 2009/2010.

Events

- WARANDELOOP INTERNATIONAL TILBURG November 23rd 2009.
- CARDIFF CROSS CHALLENGE January 17th 2010.
- HOME COUNTRIES INTERNATIONAL March 27th 2010.

Warandeloop Nov 23rd 2009.

Again this year we were made very welcome by the Dutch athletics federation, in what is one of the best organised cross country fixtures we have attended, and this year was no exception.

We took in the end 6 athletes (2 drop outs prior to leaving) our best placing were Dan Cliffe (Warrington) finishing 6th in a highly competitive junior race and Hatti Dean 10th in the senior women's race just behind Helen Clitheroe (invited athlete). Our other placings were:

Senior men's race

- Jonathan Gilby (Derby) 16th
- Carl Hardmen (Salford) 27th

Senior Women's race

- Julia Russell (Hallamshire) 23rd
- Louisa Tanner (Warrington) 24th

Cardiff Cross Challenge Jan 17th 2010.

Once again Graham Finlayson made us very welcome in Cardiff. Our best placings of the day were in the Senior men's race with a only partly fit Pete Riley showing what we can expect when he is fully fit finishing 3rd behind the inform Andy Vernon and Tom Russell, and in the senior women's race Becky Penty finishing 4th in a highly competitive race which saw the north's Hatti Dean win as an invited athlete. Our other placings were:

Senior Women

- Kirsty Milner 7th

- Tracy Laws 12th
- Jane Mooney 17th
- Louisa Wood 18th

Senior Men

- Alan Buckley 7th
- Andy Nixon 15th
- Tom Cornthwaite 20th

Junior Women

- Becky Lambson 5th
- Hannah Bateson 6th
- Rhea Ellis 8th

Junior Men

- Karl Billington 7th
- Ryan Worland 12th
- Andrew Clegg 16th

Home Countries International Mansfield March 27th 2010.

In the last of this season's fixture the ECCA invited the inter-area teams to their now well established Home Countries fixture. For Northern Athletics this appeared to be an appealing fixture and very early on it appealed to a number of our top junior and senior athletes, however with drops outs and England selection our teams in the end were depleted.

Our highest placings were in both the junior races with Andy Heyes having a great run to take 4th in the junior men's race and Hannah Bateson placing 8th in the junior women's race. Our other placings were as follows:

Senior men

- Rob Baker (Hallamshire) 14th
- Sean Hall (Gateshead) 17th
- Rob Little (Hallamshire) 18th

Senior women

- Lizzie Adams (Hallamshire) 8th
- Julia Russell (Hallamshire) 10th
- Alice Coldwell (Hallamshire) 22nd

Road Racing Northern Representative Report

Season 2009/2010

Events

- Cardiff 10k September 6th 2009.
- Brighton 10k November 15th 2009

- Bristol 10k May 9th 2010.
- Manchester BUPA 10k May 16th 2010.

Cardiff 10k September 6th 2009.

The men's 10k the North finished 3rd behind Wales 2nd and The Midlands 1st, with our two top men placing 5th (Matt Bond – Sale) in a PB of 30.11, and 7th (Mark Warmby – Newham) in a PB of 30.13. The others placed:

- Ben Fish (Blackburn) 10th
- Dan Cliffe (Warrington) 11th
- Carl Hardmen (Salford) 15th
- Dan Augustus (Woodford) 19th

In the women's race the North took 2nd place behind the South with 3rd Mel Turner- (Chester-le-Street) in a PB of 33.45, 5th Tess Walker (Salford) and 7th Nicola Geddes (Scunthorpe). South of England 11 points. Northern Athletics 15 points.

- Mel Turner 3rd 33.45 PB
- Tess Walker 5th
- Nicola Geddes 7th

Brighton 10k November 15th 2009.

It's a long way to Tipperary, but Brighton is also a great distance to travel, and our athletes did well with no team manager (myself being ill and not making the trip)

Our top placing in the men's and women's race was Matt Armstrong 4th in a PB of 30.25 and Mel Turner 5th in a PB of 35.20.

Men's 10k

- Matt Armstrong (Gateshead) 4th 30.25 (PB)
- Matt Bond (Sale) 7th
- Ben Jones (Coventry) 14th
- Matt Pierson (Holmfirth) 20th
- Jason Ward (Altrincham) 24th

Women's 10k

- Mel Turner (Chester-le-street) 5th 35.20 (PB)
- Jenny Blizzard (Rotherham) 9th
- Vicky Gill (Aldershot) 11th
- Rachel Jones (Salford) 16th

Bristol 10k May 9th 2010.

What a terrifically well organised race, thanks to Georgette Van Hoof and Bud Baldaro for making us very welcome. With Bristol and Manchester 10k's a week apart and with many of our endurance athletes choosing to do the London Marathon we had real difficulty in pulling two full teams together, and Bristol was the race that suffered. We managed to pull in a full men's team which took 2nd with Matt Proctor coming in for the North on the day, however our ladies could only field 2 on the day. We placed as follows:

Men's 10k

- Matt Barnes 9th 29.33 PB
- Ben Fish 15th
- Pat Martin 19th
- Matt Proctor 20th 30.33 PB
- Alex Pilcher 24th
- Dan Augustus 28th

Women's 10k

- Tess Walker 8th
- Becky Howarth 15th

Manchester BUPA 10k May 16th 2010.

Another world class field and an opportunity for the Inter-area teams to pit themselves against the best and they did!! A fantastic run from Mark Warmby taking 1min 20sec of his PB to run an incredible 28.53 finishing 6th behind:

1 st Haile Gebrselassie	28.02
2 nd Ayad Lamdassem	28.09
3 rd Sergiy Lebid	28.29
4 th Rui Silva	28.50
5 th Guenther Weidlinger	28.53

Other placings:

- Mark Buckingham 19th
- Steve Hepples 21st
- Alex O'Gornan 22nd
- Ben Riddle 36th
- Matt Pierson 39th

Our women placed 2nd behind the South in a close battle with only 6 points separating them (13 to 19)

- Sonia Samuels 10th
- Tess Walker 18th
- Helen Singleton 23rd
- Gemma Unsworth 25th

Team Manger

Rob Cameron