

Cardiff

The North Cross Country Team again headed to the wonderful hospitality at Cardiff and the McCain UK Cross Challenge on 17th January 2010.



The Juniors were first off with impressive results from the closely packed Becky Lambson (5th), Hannah Bateson (6th) and Rhea Ellis (8th) with 30 seconds of each other

The Junior men saw 7th placed Karl Billington (from the Arthur Almond group in Blackburn) mixing it with some of the best in Britain and Close behind was Paul Roden Coached Ryan Worland (12th)and another of Vale Royal's outstanding juniors Andy Clews. (16th)

The senior men toed the line next with former national XC Champion Peter Riley (Leigh) returning to competition after a long break. A large group was broken up by in form CAU champion Andy Vernon with Pete leading the chase and showing his class to take 3rd place behind Tom Russell of Bristol. Alan Buckley again showed his quality with 7th position. Andy Nixon and Tom Cornthwaite followed in 15th and 20th respectively. Jack Martin struggled with a leg strain and did not finish.

The Senior Women were shocked with the dominant running of Hallamshire's Hattie Dean who simply tore away from the field majestically to win comfortably. Equally impressive on her debut was Becky Penty (York AC) who battled through to 4th place. Kirsty Milner was always in the mix with 7th and followed home by Tracy Laws (12th), Jane Mooney (7th) and Louisa Wood (18th)

Report Bashir Hussain



24 Ryan Worland 23 Karl Billington 25 Andy Clews



Alan Buckley



38 Jane Mooney 11 Tracey Laws



Tom Cornthwaite, Andy Nixon (48) & Jack Martin (47)



Peter Riley



Louisa Wood