

HARROGATE HARRIERS & ATHLETICS CLUB

YOUNG ATHLETES TRAINING GROUP NEWS

31st OCTOBER 2005

For the young athletes from the Harrogate Harriers' **Imageco Visual Imaging** sponsored junior training group their first cross country meeting of the new season was at the Knavesmire in York. It was the opening fixture of the **West Yorkshire Cross Country League**.

The League comprises of four meetings that are held during October, November and early December before the club and school Championships start in January, February and March. The only exception to this is the Claro Craven Schools' Cross Country Championships on Saturday, 26th November which is an important stepping stone on the way to the English Schools' Championships in March 2006.

After recent winning performances at the Harrogate Theatre short race and the Harewood 2 miler **Katherine Coupland** was in a confident mood at the start of the first race of the day for under 13's girls. Last season she placed first at the final meeting and was third at the other three meetings. Joining her on the start line in Harrogate colours were **Caroline Lambert, Milly Sanderson, Louise Horn, Rebecca Turner** and **Zoe Rowbotham**. For Milly and Louise, this was their first competitive outing as members. From the gun, Katherine took the initiative and was soon in the lead, she increased her lead over her rivals winning by over 20 seconds, Caroline placed a positive fifth and with Milly in 20th place the team finished second out of nine teams narrowly beaten by Leeds City. Louise (22nd), Rebecca (37th) and Zoe (43rd) all played their part supporting their team mates.

There was an encouraging turnout of nine boys from Harrogate in the corresponding age group race. With four to count in the team competition the more the Club had running the better and it was only on production of the results that Harrogate found out that they had finished top club on the day. **Joe Iverson** led the team into the final 100 metres but **Alex Rhodes** was in close attendance and in a sprint to the line Alex pipped Joe to be first for the Club placing ninth and Joe tenth. **Dan Coupland** and **Freddie Procter** were within a second of each other in 17th and 18th respectively closely followed by **Ryan Woodlands-Mooney** in 20th place. Cross Country debutants **Elliott Kilvington** (22nd), **Myles Richardson** (24th) and **Jonathan Penkett** (39th) competed well as did **Keiran McFarlane** (32nd).

There was a shortage of Harrogate runners in both the under 15's races so the Club weren't featured in the team event. **Abigail Needham** and **Sarah Pritchard** completed the girls' race finishing 17th and 31st respectively. In the boys race **Alex Bell** continued his good form from his successful summer track season, he was prominent from the start and maintained his efforts all of the race finishing an encouraging third. **Josh Eves** (15th) and **Alex McFarlane** (16th) placed well considering the quality of the field.

In the under 17's girls race **Sarah Hickling** (17th) and **Alison Ross** (21st) ran well in this their first race in this age group. For the under 17 boys **Frank Beresford** in a well deserved fifth place overall led the team home and was followed by **Rob Seymour** in 26th place, **Matt Hallam** in 28th place, **James Dean** making his cross country debut was 34th and finally **Jack Merrell** finished the race comfortably for 41st place. The team missed out on third place by the small margin of two

points and will hope to improve on these results in a fortnight's time at the second West Yorkshire meeting in Otley.