

HARROGATE HARRIERS & ATHLETICS CLUB

YOUNG ATHLETES TRAINING GROUP NEWS

14th NOVEMBER 2005

At the **second meeting** of the **West Yorkshire Cross Country League** hosted by Otley A.C. and run at Eastholme Fields the young athletes from the Harrogate Harriers' **Imageco Visual Imaging** sponsored junior training group performed equally as well as they did a fortnight earlier at York. **Katherine Coupland** led the under 13's girls team across the finish line placing second overall and was followed by **Caroline Lambert** once again securing fifth position with **Nicki Gears** not far behind in 14th place. The trio elevated the team from second place out of nine complete teams at York to be first team on the day from twelve teams beating the likes of Leeds City, Bingley Harriers, Wakefield Harriers and Holmfirth Harriers to name but four. Harrogate Harriers now lead the age group after two of the four League meetings and need all the team members to race at the third fixture this coming Saturday at Wakefield and the final meet on the 4th December at Guiseley. Supporting the three counters for the team were **Milly Sanderson** (18th), who improved on her position at York, and **Hannah Spruce** (24th) in her first cross country outing for the Club. **Rebecca Turner** (45th), **Anna Grundy** (48th) and **Zoe Rowbotham** (49th) also represented the team. Zoe's positive performance was very encouraging to see.

In the under 13's boys race **Alex Rhodes** (8th) was once again the first scorer for the team improving on his finishing position from the opening meeting. Backing up Alex as team counters were **Dan Coupland** (12th), **Elliott Kilvington** (13th) and **Miles Richardson** (14th), all three finishing in better positions this time and bringing the team into second place on the day although like the girls they lead the team challenge but face stiff competition from Skipton, Leeds City and Holmfirth Harriers. Supporting the first four Harrogate runners were **Adam Auckland** (16th) and **Ravi Patel** (21st) who made successful debuts on the country and **Ryan Woodlands-Mooney** (17th) who finished higher than he did at York.

The under 15's girls team of **Abigail Needham** (31st), **Lara Green** (38th) and **Sarah Pritchard**(40th) puzzled to hear the start gun sound when they waited at the place where the previous two races had set off from only to find that the start line had been moved for subsequent races. All credit to the trio they immediately ran over to the new start area and joined the race, along with two athletes from other clubs, despite being more than 300 metres behind. They finished the race rather disappointed and exhausted after trying chasing the pack but they weren't last! The under 15's boys learnt from the girls and found their way to the revised start area. In the absence of Alex Bell and Alex McFarlane there was no complete team but **Josh Eves** (13th) ran well as did **Duncan Birtwistle** (17th) in his first race of the season. Tom Hart (37th) started off well only to suffer with sore ankles more and more as the race went on; his problem was possibly brought on by him wearing new spikes which were tight fitting.

After two meetings the under 17's boys team lies in fourth place just behind Halifax Harriers and Scunthorpe A.C. In this very competitive age group are possibly the top runners in the County plus athletes from Humberside who want to have a tougher race than they get in their own area. Leading the Harrogate team home once again was **Frank Beresford** (10th), he was supported by fellow team mates **Rob Seymour** (23rd), **Matt Hallam** (24th) and **James Dean** (31st), all three improved on their placing in this their second League meeting. **Alison Ross** (18th) was the sole under 17's girl in Harrogate colours and she too improved on her finishing position from the York race. Nineteen year old **Stuart Johnstone** (30th) was first across the line for Harrogate in the senior men's race and second junior man, beating runners who had finished higher than him at the first meeting.