

HARROGATE HARRIERS & ATHLETICS CLUB

YOUNG ATHLETES TRAINING GROUP NEWS

28th NOVEMBER 2005

The fourth and final **West Yorkshire Cross Country League** meeting of the season will be hosted by Skyrac A.C. at their Guiseley base, Nunroyd Park, this Sunday afternoon. At the last meeting at Wakefield's Thornes Park the young athletes from Harrogate Harriers performed well against their West Yorkshire rivals; most were using the race as preparation for the Area Schools Cross Country Championships a week later at Skipton.

Katherine Coupland managed to get closer to her rival from Bingley Harriers than she has so far this year and should be looking to beat her at Guiseley. Katherine finished runner up in the **under 13's** race seconds behind the winner leading the Harrogate team across the finish line. The team finished with equal points to Spenborough but because of a lower placing third counter disappointingly had to settle for second place on the day. With the schools races in mind most of the Harriers' were given objectives at the start of their respective races. **Caroline Lambert** responded to the challenge of closing the gap on one of her rivals from Leeds City who because she attends a Harrogate school will be competing at Skipton. Caroline finished fifth for the third consecutive time with her rival one place ahead of her but more importantly only three seconds away. **Hannah Spruce** (25th) was the third team counter followed closely by **Louise Horn** (28th), the other Harrogate girls were **Rebecca Turner** (41st), new member **Eleanor Smith** (47th) and **Zoe Rowbotham** (50th).

For the under 13's boys **Alex Rhodes** (7th) continued to improve on his finishing position as he gets more confident in races in this his first cross country season for the club. **Dan Coupland** (11th) who is in his first year of the age group produced his best performance of the season so far and from the results it indicates that he could well finish highly in the schools race. Next to finish for the club and third counter for the team was **Freddie Procter** (19th) followed immediately by fast finishing **Joe Iveson** (20th) bringing the team home in fourth place. The rest of the Harriers in the race all crossed the finish line within seconds of each other starting with **Elliott Kilvington** (21st) then **Ryan Woodlands-Mooney** (23rd), new member **Dan Cheeseman** (24th), Adam Auckland (25th), **Myles Richardson** (27th) and **Keiran McFarlane** (32nd).

After the "missed start" affair at the previous meeting in Otley **Abigail Needham** was more than ready on the start line of the **under 15's** girls race with the aim of a top twenty position in mind. Abigail was positive enough to get a good start which carried her round to nineteenth overall from close to fifty finishers, team mate **Georgina Large**, in her first West Yorkshire race of the season, placed a respectable thirty third. **Alex Bell**, in the corresponding race for boys, continued his impressive form with another third place followed by **Alex McFarlane** (16th) and **Tom Hart** (39th).

In the **under 17's** boys race a determined effort from Frank Beresford brought him home in sixth place overall leaving him with an outside chance of winning a top six award if he runs as well at Guiseley. In his first race of the season **Chris Raske** enjoyed his warm up for the schools event finishing a positive seventeenth followed closely by **Matt Hallam** (23rd) with **Rob Seymour** (27th) and **Chris Brew** (38th) and the team placing fourth out of seven clubs.

Juniors runners (under 20's age group) **Issy Rowe** (26th) and **Stuart Johnstone** (35th) raced with the seniors finishing fifth and fourth respectively in their category.

