

# HARROGATE HARRIERS & ATHLETICS CLUB

## YOUNG ATHLETES TRAINING GROUP NEWS

11<sup>th</sup> DECEMBER 2005

This years **Harrogate & Craven Schools Sports Association Cross Country Championships** was held at Aireville Park in Skipton. Members of the Harrogate Harriers' **Imageco Visual Imaging** sponsored young athletes training group featured in nine of the ten Championship races with many of them certain to make the Area team for the North Yorkshire Schools Cross Country Championships scheduled to be held at Aireville Park on Saturday the 4<sup>th</sup> February 2006.

The first race of the day was for **Year 8** girls and **Katherine Coupland**, the year 7 winner from last season, maintained the form she has shown at the West Yorkshire League meetings and was not troubled at all crossing the finish line almost a minute ahead of the next runner who happened to be fellow Harrier **Nicky Gears**. Katherine was also much faster than the winner of the Year 9 girl's race and should be aiming for a place in the North Yorkshire team for the English Schools Championships at Mansfield in March. **Olivia Moore** (17<sup>th</sup>), a newcomer to the training group, was in a top five position until she collapsed in the finishing straight but it was a very determined performance and will definitely be an asset should she decide to join the Club. **Louisa Horn** (13<sup>th</sup>) and **Rebecca Turner** (18<sup>th</sup>) raced well, the benefit of running in the West Yorkshire League paying dividends.

The corresponding race for boys saw **Alex Rhodes** winning a bronze medal for third place. This was a pleasant surprise as it was his first appearance at the Championships, although he had placed in the top ten at all the West Yorkshire meetings so far which should have been an indication of his form. **Joe Iveson**, Area Schools 100 metre sprints champion in Year 7, showed his versatility finishing in 13<sup>th</sup> place followed by **Ryan Woodlands-Mooney** (15<sup>th</sup>), **Adam Auckland** (22<sup>nd</sup>), **Myles Richardson** (31<sup>st</sup>), **Dan Cheeseman** (35<sup>th</sup>) and **Jonathan Penkett** (57<sup>th</sup>).

The **Year 7** race featuring 62 girls from schools throughout the Area saw **Caroline Lambert** finishing in an encouraging second place and was first Harrogate girl to finish. The top four in the race have all been competing for their respective running clubs in the West Yorkshire League this season making it particularly competitive. **Eleanor Smith** (28<sup>th</sup>) in her second race in two weeks and only her third cross country race to date was more relaxed and consequently finished higher up the finishing order. The boys' race saw another Harrier winning a medal as **Daniel Coupland** tried to emulate sister Katherine's achievements. Dan had to settle for third place but he put a lot of effort into the race and received just reward. **Elliott Kilvington** (9<sup>th</sup>) should have made the Area team as they are looking to having twelve boys for the County Schools Championships. **Ravi Patel**, representing Harrogate Grammar School, was the other Harrier to finish and he was thirty second from a total of fifty eight runners across the line.

**Abigail Needham** (5<sup>th</sup>) was also aiming for a place in the Area team and on scrutinising the results it looks like she could be selected as she was sixth fastest comparing the Year 9 and Year 8 times, **Sarah Pritchard** (9<sup>th</sup>) is also a possibility as she was twelfth fastest. **Amy Hill** (27<sup>th</sup>) also ran in the Year 9's race. In the **Year 9 boys** race national schools orienteering champion **Duncan Birtwistle** ran to within five seconds of a medal and had to settle for finishing sixth out of forty four finishers.

All credit to **Lara Green** who in her first cross country season with the Club has helped her school, King James', to win the **Intermediate Girls** (years 10 and 11 combined) team event. She

finished in sixth place overall and second of four counters, and along with **Sarah Hickling** (10th) will receive an invitation to run in the County race. Also from the same school, King James', in the **Inter Boys** race were **Alex Bell** (2<sup>nd</sup>) and **Alex McFarlane** (8<sup>th</sup>) who both qualified automatically for the County event. Alex Bell has proved to be a determined competitor this season and puts his success down to an outstanding track and field season; his aims for the New Year are to represent both Yorkshire and North Yorkshire at the Inter Counties Championships and English Schools Championships respectively. **Matt Hallam** pushed the pace early on in the inter boys race but had to settle for sixth place overall when it came to the finish. Unfortunately **Rob Seymour** (14<sup>th</sup>) was under the weather with a virus and should have qualified with ease however it is hoped he will be able to race at the County trials as a guest runner.

The only Harrier in the **Senior Boys** (school years 12 and 13) race was **Chris Raske** (7<sup>th</sup>) and he qualified with ease beating his elder brother Nick by three places.