

HARROGATE HARRIERS & ATHLETICS CLUB

YOUNG ATHLETES TRAINING GROUP NEWS

18th DECEMBER 2005

The fourth and **final West Yorkshire Cross Country League meeting** of this season was held at Nunroyd Park in Guiseley and hosted by Skyrac A.C. Harrogate Harriers' young athletes once again supported the event especially in the under 13's age group where nineteen members of the junior training group raced with the purpose of winning team medals for the club. For many of the athletes this was their third race in three weeks following on from the third West Yorkshire race and then the Area Schools but they all ran very well considering.

The first race of the day was, as usual, for the **under 13's girls** and Harriers' most successful girl of the Series, **Katherine Coupland**, had to win the race to finish in first place overall. Her main rival from Bingley Harriers set the pace early on but unfortunately had to pull out of the race with an injury leaving Katherine in the clear and a big enough gap behind her not to cause her any serious problem as she cruised across the finish line nineteen seconds in front of the second place runner thereby securing the overall winners award for 2005. What was encouraging to see was first year under 13 **Caroline Lambert** emulating Katherine's performance of last year when collecting the award for third place overall. Caroline placed fourth on the day, her highest over the four races and with the teams third counter **Nicki Gears** in sixteenth place this helped put the team in a winning position and overall champions. **Laura Eves** (19th) and **Imogen Coughlan** (29th) made impressive debuts for the club supporting **Louisa Horn** (26th), **Milly Sanderson** (32nd), **Rebecca Turner** (37th), **Eleanor Smith** (35th), **Anna Grundy** (41st) and **Zoe Rowbotham** (42nd).

The **under 13's boys** race saw **Alex Rhodes** finish in eighth place and coincidentally he was eighth overall in the series. Fresh from winning a bronze medal at the Area Schools Championships **Dan Coupland** (13th) was the next Harrier across the line followed by **Ryan Woodlands-Mooney** (15th) and **Elliott Kilvington** (17th) bringing the team home in third place. **Freddie Proctor** (20th), **Adam Auckland** (22nd) and **Jonathan Penkett** (29th) provided back up to the four counters and helped the team finish in silver medal position over the season.

For the **under 15's girls** **Sarah Pritchard** placed 23rd to **Lara Green's** 28th and unfortunately, like the **boys** to follow, were one short for a team. After finishing 13th the previous day at Leeds Boys Grammar School in the English Schools' Cup Final when representing King James' School, Knaresborough in their inter boys team and leading their team (which also included Harrier Alex McFarlane) to fifth best team in England on the day it was going to be a tough race for multi-talented **Alex Bell**. However his strong character saw him tackle the race with his usual determination and he must have been quietly pleased, even though physically drained, with his third place and at the series end presentation later in the afternoon he collected an award for being third best boy over the season. Also in the same race was **Josh Eves** (17th) and **Duncan Birtwistle** (19th).

Unfortunately with injury to James Dean and Rob Seymour off with a flu virus the **under 17's** didn't have a team either but **Frank Beresford** maintained his form to finish in fifth place and **Matt Hallam** was twenty first. Both boys are in the first year of this age group and performed very well against their older rivals especially Frank who also collected an award for being fifth best in the age group, another coincidence is that the team actually finished fifth in the League too!

Junior athletes Issy Rowe and **Stuart Johnstone** placed fifth and third respectively over the season and Issy was fifth junior on the day after competing for Leeds Met University in the Leeds University Relays.

Over the Christmas and New Year period between training sessions the young athletes are being encouraged to race at the Ripon Runners Jolly Holly Jog races on Tuesday 27th December and for the more committed athlete a leg of the Nidd Valley Road Runners Harrogate Ringway Relay to prepare them for the Yorkshire Cross Country Championships on Saturday 14th January.