

# HARROGATE HARRIERS & ATHLETICS CLUB

## YOUNG ATHLETES TRAINING GROUP NEWS

22<sup>nd</sup> JANUARY 2006

This year's **Yorkshire Cross Country Championships** were held at Herringthorpe Playing Fields in Rotherham last Saturday. Although the weather conditions were ideal for distance running the course was deceptively difficult especially for the junior athletes. For many of the Harrogate Harriers' **Imageco Visual Imaging** sponsored young athletes training group this was their first taste of Championship racing, fortunately they all appeared to enjoy their respective races except for **Katherine Coupland** who had to retire from the **under 13's girls** race. She was clear in second place at the half way mark but a groin pain restricted her running forcing her to stop with almost two thirds of the race completed. It is disappointing for Katherine as she had been in top for before Christmas winning the West Yorkshire Cross Country League and the Area Schools age group titles. So it was left to **Caroline Lambert** to lead the team across the finish line in 11<sup>th</sup> place followed by **Millie Sanderson** (35<sup>th</sup>) and **Louise Horn** (37<sup>th</sup>) as the other team counters. **Laura Eves** (40<sup>th</sup>) and **Imogen Coughlan** (49<sup>th</sup>) completed the Harrogate finishers with the team finishing in fifth place.

In the **under 13's boys** race eight Harriers raced against the best in Yorkshire and were the only club to have two teams listed on the results sheet. **Alex Rhodes** (21<sup>st</sup>) led in the 'A' team and **Dan Cheeseman** (51<sup>st</sup>) the 'B' team. Behind Alex came **Dan Coupland** (40<sup>th</sup>), **Freddie Procter** (46<sup>th</sup>) and **Ryan Woodlands-Mooney** (50<sup>th</sup>), and following Dan was **Adam Auckland** (57<sup>th</sup>), **Myles Richardson** (58<sup>th</sup>) and **Keiran McFarlane** (62<sup>nd</sup>).

The **under 15's girls** team placed 9<sup>th</sup> on the day with **Abigail Needham** (34<sup>th</sup>) the club's first finisher. **Sarah Pritchard** (58<sup>th</sup>), **Lara Green** (60<sup>th</sup>) and **Georgina Large** (62<sup>nd</sup>) completed the Harrogate line up. At the same Championships in Guiseley two years ago **Alex Bell**, in his final year as an under 13 placed eighth and but for a family holiday would have travelled to Nottingham to represent Yorkshire at the prestigious Inter-Counties Championships. His aim this time was repeat that performance and finish somewhere in the top eight for automatic selection. Alex set off at a good pace and led the race for a time before being overtaken by some of his rivals, coming into the last uphill section approximately half a mile from the finish he was in sixth place but a Leeds City athlete was very close and two Spenborough runners working hard to catch the pair in front. With 100 metres to go Alex placed eighth and had to dig deep into his reserves to keep that position, his track speed obviously helping his cause, as only five seconds separated him from the ninth placed Spenborough boy. For Alex this must have been his toughest race in a Harrogate vest. It will be a race he won't forget in a hurry as he was physically shattered at the finish, but deep down he was delighted with the result. Supporting Alex in the **under 15's boys** team that finished in fifth place was **Alex McFarlane** (25<sup>th</sup>), **Josh Eves** (34<sup>th</sup>) and **Duncan Birtwistle** (41<sup>st</sup>).

For the **under 17's boy's** team that coincidentally placed fifth best in Yorkshire (like the under 13's girls and under 15's boys) **Frank Beresford** (13<sup>th</sup>) was the first to finish followed by **James Dean** (26<sup>th</sup>), **Chris Raske** (27<sup>th</sup>) and **Rob Seymour** (35<sup>th</sup>). **Issy Rowe** ran in the combined Senior/**Junior Women's** race finishing fifth junior and qualifying to represent Yorkshire, for the third consecutive year, at the Inter-Counties Championships in March. This weekend the young athletes will be competing in the North of England Cross Country Championships at Witton Park, Blackburn and the following weekend quite a few will be representing the Area in the North Yorkshire Schools Cross Country Championships at Skipton.