

**HARROGATE HARRIERS**  
**YOUNG ATHLETES TRAINING GROUP NEWS**  
**2<sup>nd</sup> APRIL 2006**

As the cross country season comes to an end several members of Harrogate Harriers' **Imageco Visual Imaging** sponsored young athletes training group have competed at invitational meetings **representing Yorkshire and North Yorkshire Schools**. The Club also provided five athletes in the North Yorkshire Sportshall athletics team for a competition at Halifax.

In the North Yorkshire schools versus Humberside schools cross country meeting at Tadcaster Grammar School **Katherine Coupland** was the most successful Harrier racing on the day. Hampered by blisters on her feet she started the junior girls' race cautiously but soon decided that the pain wasn't as bad as she thought it would be and gradually started overtaking the girls in front of her. Before long she was heading the race and finished quite a way in front of the second placed runner from Humberside and leading the North Yorkshire team to victory. In the corresponding race for boys **Duncan Birtwistle** finished 12<sup>th</sup> overall and the team event was again won by North Yorkshire. **Caroline Lambert** ended her excellent cross country season not in the style she would have liked. Unfortunately she started with a chest infection after the County Schools meeting at Skipton and was not fully recovered at Tadcaster where she finished a very disappointed 24<sup>th</sup> in the Year 7 girls' race. Two more Harriers, **Tom Warren** and **Daniel Coupland**, gained their County badges in the Year 7 boys race Tom placing 12<sup>th</sup> overall to Dan's 21<sup>st</sup> place. In the combined senior/intermediate boys race **Alex Bell** as a first year inter was joined by fellow Harrier **Alex McFarlane**, also a first year inter. Both boys acquitted themselves well against older opposition finishing 8<sup>th</sup> and 20<sup>th</sup> respectively.

A week later at the **UK Inter Counties Cross Country Championships** in Nottingham's Woollaton Park **Alex Bell** wore a Yorkshire County vest for the first time having qualified for the team by finishing 8<sup>th</sup> in the Yorkshire Championships. Alex finished 100<sup>th</sup> out of 309 finishers and was sixth counter for the winning Yorkshire team. **Issy Rowe** also represented Yorkshire in the junior ladies race crossing the finish line in a disappointing 81<sup>st</sup> place having suffered with breathing problems halfway round.

The **English Schools Cross Country Championships** was the final meeting of this season and it was held at Mansfield. **Katherine Coupland** made her debut at this prestigious event as a first year junior and hopefully will have learned from the experience. She placed second counter for the County and will be endeavouring to return to the Championships next year. **Alex Bell** was fourth counter for North Yorkshire team as a first year intermediate. **Frank Beresford** finished 9<sup>th</sup> counter in the West Yorkshire Schools Championships and wasn't expected to race at the English Schools unless anyone dropped out of the eight man team. Fortunately he was called into the squad at the last minute and helped West Yorkshire win the team event. Frank has performed well for

his school this season winning his age group in the Leeds Schools League and recently won an event at Ampleforth College.

**Hannah Spruce, Adam Auckland, Callum Postoyalko, Jonathan Penkett and Gareth Sowerby** competed indoors for North Yorkshire. The boys' team finished second overall and the girls fourth. Individually their best results were Hannah 1st vertical jump competition, Gareth 2nd in the speed bounce with 75, Jonathan 6<sup>th</sup> in the shot, Callum 3<sup>rd</sup> in the vertical jump and Adam 7<sup>th</sup> in the vertical jump.

With the track and field season in mind the Harriers are recruiting prospective young athletes in Year 6 and Year 7. There are vacancies in the under 17 (school years 10 and 11) team for enthusiastic girls especially throwers or potential throwers.

**Call Jeff Leigh on 01423 568335** for more information.