

Midland Counties Cross Country Championships  
Mansfield's Berry Hill Park  
24<sup>th</sup> January 2009

Hayley Munn (KTH) held off the strong finishing Mairead Rocke (Corby AC) to secure the honour of being the top county Junior woman runner home at this year's Midland Counties cross country championships at Mansfield's Berry Hill Park.

The Kettering Town Harrier covered the 4.8km distance over the undulating course in 20.48 to place seventh while Rocke, competing for Corby AC, also turned in an excellent effort when finishing one position and five seconds behind.



Abigail Morrow-Harris (Corby AC) showed a massive improvement on her 91<sup>st</sup> place of 12 months ago when she finished a highly creditable 19<sup>th</sup> in the Under-13 Girls event. Her excellent run when running the 3km course in 12.46 helped Corby AC to a superb fifth in the team contest. She was well supported by Ellie Welch (33<sup>rd</sup>), Helena Keenan (58<sup>th</sup>) and Georgia Bevins in 59<sup>th</sup>.

Also improving from last year was Chris Curtis (Corby AC) who came home in 67<sup>th</sup> position.

Luke Greer (R&N) ran 11.34 for 17<sup>th</sup> in the 3km Under-13 boys race to gain revenge over Corby's much improved Jasper Larken (21<sup>st</sup> in 11.38), who was 83<sup>rd</sup> last year, from the recent County Championships.