

Northamptonshire Cross Country Championships
Abington Park Northampton
January 2009

The Ernest Thompson Trophy returned into the hands of Rugby & Northampton AC when they defeated holders Wootton Road Runners for the senior men's team title at Saturday's Northamptonshire Cross Country Championships at a bitterly cold Abington Park.

They were fronted by a superb solo winning effort from Matt Almond, who at last got his hands on the Ernie Boyfield when destroying the field to take the individual title. His only company came in the early stages when Daventry's Job King, the 2002 champion, matched strides with him on the opening circuit. However, once he pulled away he glided over the rock hard surface to increase his lead throughout each of the four lap course. At the finish he had over 400m in hand over his nearest rival and after the race said: "It's nice to get that title – it means a lot to me." Supporting him the R&N squad was Nigel Marley, who came close to getting among the individual medals when he finished two seconds away from the bronze in fourth place, Liam Ratcliffe in fifth, Stuart Nelson (ninth), Chris Lamb (15th) and Brendan Moen who was 20th.

Performing well for Wootton was the ever reliable Michael Aldridge who repeated his runner-up spot of 2005 when he pulled away from club colleague Phil Melling (third) in the closing stages. Steve Poole in eighth also ran well for the club. King eventually wound up in sixth place – just one ahead of the amazing 58-year-old former three times champion Mike Hager. Chris Curtis (tenth), Troy Garrity (11th) and John Rocke (12th) all packed well for the bronze medallists Corby AC.

R&N also relieved Wootton of the senior ladies team title despite the runners-up providing the individual winner when Kirsty Gallagher retained her crown in emphatic style. She soon threw down the gauntlet to the opposition when she raced to the front and then was never overtaken. She eventually came home well clear of Alison Cooper and former champion Ruth Love-Smith, back on a visit from her home in New Zealand, who headed the victorious R&N squad. Super veteran-60 Angela Copson was their third scorer in seventh place with Fran Malin (eighth) and Nicki Harris in tenth also counting for the runners-up while Mairead Rocke in fourth spearheaded Corby's bronze medal performance supported by Sarah Baxby (15th) and Kym Wheeler (18th).

Rebecca Hall (KTH) showed a good return to form to take fifth while just behind her Maree Jesson (Northampton Road Runners) recovered from a recent bug to run well for sixth spot.

Rory Grant was untroubled when taking the under-17 men's title and along with Luke Robinson (third) and the under-15 champion of 12 months ago George Cardwell (fourth) helped R&N to an easy team success. Kettering's Jake Waples underlined his improved form when he produced a strong second half to easily win the silver medal.

In the corresponding female race Kettering-based Nicole Roberts was untroubled when adding the title to the two she had already won at under-15 level. In her wake Kellie Leonard repeated her silver medal run of last year as she fronted the R&N team who successfully defended their team title. Rachel Barber was their third scorer while the Kettering pair of Danielle Smith (third) and past under-13 champion Sophie Munn (fourth) both coped well with the conditions.

Jess Dimmock led home a clean sweep for R&N when she became the second runner of the day to retain her title. She produced a fantastic solo front running effort to repeat her under-15 girl's success of last year. Also counting for the victorious team was Charlotte Inwood (runner-up) and Gabriella Moriarty, who out-sprinted Corby's Charlotte Cotter (fourth) to take the bronze.

R&N also dominated the under-15 boys' race when winning the team event for the sixth successive time. Champion Guy Marshman fronted the squad which filled the top five places with Conor Hills taking the silver ahead of Matt Finnigan.

R&N also won both the under-13 team titles and provided the individual under-13 girl champion as Isobel Hughes raced to victory ahead of Kettering's Abby Coleman with Helena Keenan running well for third as she helped Corby to team silver along with Georgia Bevins in fifth and Emma MacFarlane (11th).

Despite retaining the boys' title R&N had to forego the individual crown which went to the impressive looking Jasper Larken who always looked in control and sprinted away in the finishing straight to win by two seconds from James Smith (R&N). Also counting for the winning squad were Luke Greer (third) and Daniel White (fourth).

Kettering's only individual title and Corby's only team win came in the under-11 boys' race. Josh Cara effortlessly secured the individual crown from Spratton School's Sam Clarke while Robert Dunne (third) and Fraser Dalby in fourth plus seventh placed Robbie McCall bagged the team title.

In the girls' race Phoebe Ellis was crowned champion and along with Charlotte Murphy (third) helped R&N to take the team race ahead of Corby who had both Bryony Morrow-Harris (fourth) and Ruby Goodall in sixth running well for them while Natalie Goddard (Preston Hedges School) took the silver.

Under-11 Girls (1.7km)

1 P Ellis (Rugby & Northampton AC) 7.56, 2 N Goddard (Preston Hedges School) 8.03, 3 C Murphy (R&N) 8.09, 4 B Morrow-Harris (Corby AC) 8.12, 5 K Goddard (PHS) 8.34, 6 R Goodall (C) 8.39, 7 E Bradbury-Machin (R&N) 8.50, 8 M King (R&N) 9.02, 9 M Hunter-Powell (C) 9.08, 10 A Shocklidge (R&N) 9.26, 11 M Clues (R&N) 9.34, 12 C Baldwin (R&N) 10.18, 13 M Brown (R&N) 10.36, 14 E Cormack (R&N) 11.56.

Team

1 Rugby & Northampton AC 11, 2 Corby AC 19.

Under-11 Boys (1.7km)

1 J Cara (Kettering Town Harriers) 6.48, 2 S Clarke (Spratton Hall School) 7.07, 3 R Dunne (C) 7.12, 4 F Dalby (C) 7.20, 5 H Arnall (R&N) 7.32, 6 C McColgan (PHS) 7.43, 7 R McCall (C) 7.45, 8 C Biggs (R&N) 8.04, 9 R Dickerson (PHS) 9.16, 10 T Devine (R&N) 9.23, 11 T Murdin (PHS) 9.36, 12 W Johnson (PHS) 9.52, 13 T Schultz-Bye (PHS) 10.24, 14 T Perdue (PHS) 10.35.

Team

1 Corby AC 14, 2 Preston Hedges School 26, 3 Rugby & Northampton AC 23.

Under-13 Girls (2.5km)

1 I Hughes (R&N) 10.32, 2 A Coleman (KTH) 10.44, 3 H Keenan (C) 10.46, 4 G Roberts (R&N) 11.09, 5 G Bevins (C) 11.32, 6 A Inwood (R&N) 11.44, 7 M Spellman (R&N) 11.49, 8 E Byrd (R&N) 11.51, 9 P Hindle (R&N) 11.58, 10 D Cummings (R&N) 12.02, 11 E MacFarlane (C) 12.08, 12 H Bevins (C) 12.13, 13 K Clubb (R&N), 14 M Boulter (R&N) 12.30, 15 E Valentine (R&N) 12.33, 16 E Spilman (Daventry AC) 12.38, 17 H Furniss (R&N) 13.06, 18 M Exley (R&N) 13.28, 19 T Clues (R&N) 14.08, 20 G Dyer (R&N) 15.33.

Team

1 Rugby & Northampton AC 11, 2 Corby AC 19.

Under-13 Boys (2.5km)

1 J Larken (C) 9.40, 2 J Smith (R&N) 9.42, 3 L Greer (R&N) 9.45, 4 D White (R&N) 10.01, 5 J Murphy (R&N) 10.09, 6 A Smith (R&N) 10.12, 7 C Baldwin (R&N) 10.26, 8 D Diver (C) 10.28, 9 D Waples (KTH) 10.39, 10 L Diamond (Milton Malsor School) 10.42, 11 M Inwood (R&N) 10.56, 12 M Kinder (R&N) 11.30, 13 R Nelson (R&N) 11.46, 14 S McIntyre (C) 11.48, 15 C Burgess (PHS) 11.52, 16 R Borwick (R&N) 12.47, 17 C Male (R&N) 15.14.

Team

1 Rugby & Northampton AC 9, 2 Corby AC 23.

Under-15 Girls (3km)

1 J Dimmock (R&N) 12.21, 2 C Inwood (R&N) 12.57, 3 G Moriarty (R&N) 12.59, 4 C Cotter (C) 13.02, 5 E Barnes (R&N) 13.36, 6 S Rugg (R&N) 13.49, 7 M Love (R&N) 14.16, 8 C Blake (R&N) 14.21, 9 L Byrd (R&N) 14.36, 10 R Wymant (C) 15.14.

Team

1 Rugby & Northampton AC 6.

Under-15 Boys (4.2km)

1 G Marshman (R&N) 15.44, 2 C Hills (R&N) 16.16, 3 M Finnigan (R&N) 16.57, 4 J Allen (R&N) 17.02, 5 R Male (R&N) 17.04, 6 K Garlick (Caroline Chisholm School) 17.13, 7 J Lantsbery (R&N) 17.28, 8 C Coleman (KTH) 17.40, 9 S Furey (C) 18.37, 10 L Smith (KTH) 19.49.

Team

1 Rugby & Northampton AC 6.

Under-17 Ladies (4.2km)

1 N Roberts (Winchester & District) 17.15, 2 K Leonard (R&N) 18.10, 3 D Smith (KTH) 18.33, 4 S Munn (KTH) 18.39, 5 R Barber (R&N) 18.43, 6 E Supple (R&N) 18.57, 7 B Banks (R&N) 19.03, 8 E McGowan (R&N) 19.56, 9 C Thompson (R&N) 20.52, 10 T Smith (R&N) 21.20.

Team

1 Rugby & Northampton AC 13.

Under-17 Men (5km)

1 R Grant (R&N) 17.57, 2 J Waples (KTH) 18.36, 3 L Robinson (R&N) 19.06, 4 G Cardwell (R&N) 19.48, 5 S Broom (C) 20.15, 6 D Edwards (KTH) 20.39, 7 C Sebastian (Northampton College) 20.43, 8 D Thompson (KTH) 20.49, 9 K Easton (NC) 21.17, 10 B Richardson (NC) 21.18, 11 C King (C) 21.25.

Team

1 Rugby & Northampton AC 8, 2 Kettering Town Harriers 16.

Senior Ladies (5km)

1 K Gallagher (WRR) 20.24, 2 A Cooper (R&N) 20.55, 3 R Love-Smith (R&N) 21.02, 4 M Roche (C) 21.27, 5 R Hall (KTH) 21.31, 6 M Jesson (Northampton Road Runners) 21.35, 7 A Copson (R&N) 21.37, 8 F Malin (Wootton Road Runners) 21.42, 9 L Thompson (R&N) 21.45, 10 N Harris (WRR) 21.55, 11 K Armstrong (Pactrac) 22.03, 12 Y Scarrott (Nene Valley Harriers) 22.29, 13 L Lytollis (Silson Joggers) 22.33, 14 H Cooke (SJ) 22.59, 15 S Baxby (C) 23.21, 16 M Leach (R&N) 23.27, 17 C Hubbard (WRR), 18 K Wheeler (C) 23.57, 19 E Palmer (R&N) 24.15, 20 C Todd (SJ) 24.31, 21 T Pike (C) 24.48, 22 L Willis (R&N) 24.56, 23 M Bignell (SJ) 25.15, 24 E Clawson (KTH) 25.37, 25 C Hill (SJ) 26.08, 26 N Seaton (R&N) 26.31, 27 C Oram (C) 26.59, 28 M Moutrie (SJ) 27.20, 29 T Craker (C) 29.16.

Team

1 Rugby & Northampton AC 12, 2 Wootton Road Runners 19, 3 Corby AC 37, 4 Silson Joggers 47.

Senior Men (10km)

1 M Almond (R&N) 33.03, 2 M Aldridge (WRR) 34.24, 3 P Melling (WRR) 34.30, 4 N Marley (R&N) 34.32, 5 L Ratcliffe (R&N) 34.42, 6 J King (D) 34.45, 7 M Hager (KTH) 34.57, 8 S Poole (WRR) 35.38, 9 S Nelson (R&N) 35.47, 10 C Curtis (C) 36.03, 11 T Garrity (C) 36.07, 12 J Roche (C) 36.12, 13 J Goringe (KTH) 36.26, 14 I Hazell (WRR) 36.44, 15 C Lamb (R&N) 37.15, 16 N Barnett (Wellingborough & District AC) 37.24, 17 M Johnson (C) 37.25, 18 C Gallagher (WRR) 37.37, 19 S Woodward (SJ) 37.38, 20 B Moen (R&N) 37.57, 21 D Keating (C) 38.14, 22 S Giles (KTH) 38.22, 23 A Fairley (WRR) 39.01, 24 J Haynes (SJ) 39.08, 25 P West (KTH) 39.12, 26 J Saw (R&N) 39.16, 27 L Berrill (WRR) 39.37, 28 K Reboul (SJ) 39.55, 29 V Carroll (R&N) 40.09, 30 R Lack (WRR) 40.20, 31 J Cardwell (R&N) 40.23, 32 J Kemp (W&D) 40.38, 33 G Hall (C) 40.56, 34 A Wright (C) 41.09, 35 S Bunn (Northants)

Police) 41.19, 36 A Green (U/A) 41.41, 37 P Matthews (WRR) 41.57, 38 G Linnell (SJ) 42.03, 39 A Clawson (KTH) 42.42, 40 P Wood (WRR) 42.45, 41 D Taylor (SJ) 43.44, 42 M Winstone (KTH) 43.56, 43 A Rain (KTH) 44.11, 44 K Hardwick (WRR) 44.15, 45 K Randell (NC) 44.26, 46 A White (R&N) 44.39, 47 M Ratcliffe (R&N) 44.54, 48 G Hollowell (WRR) 46.06, 49 P Diamond (WRR) 46.18, 50 S Willis (R&N) 46.36, 51 S Potticary (KTH) 48.50, 52 C O'Malley (U/A) 52.14.

Team

1 Rugby & Northampton AC 54, 2 Wootton Road Runners 68, 3 Corby AC 104, 4 Kettering Town Harriers 148.