

Midland Counties Cross Country
30th January 2010

Hayley Munn made up for the disappointment of having to drop out of the County Cross Country Championships with a calf injury when she landed her first area junior title on the country at Saturday's Midland Championships. The meeting, on a cold and windy but sunny day at Stafford Common, saw the Kettering Town Harrier battle for the title with Emily Merrick (Bristol & West AC) over the 5km course which was a mixture of ice and mud.

Hayley, a student at Oxford University, proved the stronger in the closing stages as she came home with three seconds to spare in a time of 20.41 with Trentham's Sara Johnson a distant third in 21.23.

Further glory came for Munn, who took the Under-15 title four years ago, when her club, which included 13th placed Kelly Barnett, bagged the team bronze medal behind Mansfield and winners Leicester Coritarians.

After the race she said: "I was delighted with the win. I felt good most of the way and was pleased my calf held out. I had a couple of massages during the week and it seemed to do the trick. My next big race is the British University Championships in Scotland in three weeks time."

Kettering's other individual medal came when Josh Cara gained revenge over Jack Murphy (Rugby & Northampton AC), who narrowly defeated him for the county title in the Under-13 Boys race. Cara hit top form with a gutsy run to secure the bronze medal when he ran the 3km distance in 9.56 to finish eight seconds adrift of Charnwood's James Hatton as Halesowen's Dominic Bill improved from 20th last year to lift the title in 9.45.

Murphy came 13th in 10.17 while also competing for the Harriers team, which came 13th, was Jack Hope (45th), Ben Tierney (70th) and Ethan Mehmet in 101st place.

Halesowen turned last year's silver into gold when taking the title from Mansfield and Leicester.

Both the county senior champions – Sian Edwards and Matt Almond – turned in sound performances in their respective races. The former ran the 8km distance in 34.22 to finish in tenth place as last year's fifth placer, Gemma Steel (Charnwood) took the title in a close finish which saw her clock 31.35 – three seconds ahead of Bristol's Claire Hallissey with Birchfield Harrier Debbie Walters a further four seconds behind in third.

Orlingbury's Maree Jesson ran well for 44th place as did R&N's Rachel Shaw (70th) and Harborough AC's Karen Brooks, who was 85th.

Rothwell-based Almond helped Coventry Godiva Harriers to a narrow team victory by just two points from Notts AC with Tipton Harriers a further two points behind in third.

Almond ran the 12km course in 41.27 to come home 11th while Kettering-based Damian Carr, who also runs for Coventry but failed to make the scoring six, finished 56th in 45.08. Just ahead of him was county runner-up Ben Sharman of Ringstead, who came 51st in 44.46 to help Birchfield Harriers to seventh place.

Corby AC's Chris Curtis (74th), R&N's Brendan Moen (109th) and Harborough's William Clapp (114th) all had respectable runs.

At the sharp end of the field a thrilling race unfolded in the closing stages when the 2008 champion James Walsh (Leeds City) regained the title by four

seconds from Bristol's Robbie Bugden in 40.25 with another past champion Billy Farquharson (Notts AC) a further two seconds adrift in third. The Corby AC Under-13 Girls trio of Helena Keenan, Ellie Welch and Georgia Bevins all showed a massive improvement from last year and were unlucky not to get among the team medals. Over a 3km course only one second separated the trio as Keenan came 13th in 11.20, the same time as Welch in 14th with Bevins one second further behind in 16th. Unfortunately, Georgia's twin sister, Holly, was injured the previous week and if she had been in action, Corby would have had an excellent chance of pushing for medals. As it turned out they came sixth with Megan Hunter-Powell, who ran well for 58th, their final counter. Just ahead of them in the team stakes was R&N with Phoebe Ellis (18th) and Isobel Hughes (20th) both running well for them. Charnwood took both the team and individual titles with Hannah Nuttall winning in 10.36 from Leicester's Mari Smith (10.45) and Stoke's Lucy Holt (10.51). In the team contest Leicester repeated their silver of last year behind Charnwood with Mansfield, champions of 12 months ago, in third. Kettering's Jake Waples had his best race of the season when finishing 15th in the Under-17 Men. He clocked 25.46 for the 6km distance to split the R&N trio of Rory Grant (11th in 25.15), Luke Robinson (20th in 26.05) and Guy Marshman (21st in 26.05). R&N, with Kieran Garlick in 37th, picked up team bronze behind Cannock & Staffs and the winners, Stroud & District AC, who also provided the individual champion when Tom Curr easily won in 23.34.

Under-13 Girls (3km)

1 H Nuttall (Charnwood AC) 10.36, 2 M Smith (Leicester Coritanian) 10.45, 3 L Holt (City of Stoke AC) 10.51, 13 H Keenan (Corby AC) 11.20, 14 E Welch (C) 11.20, 16 G Bevins (C) 11.21, 18 P Ellis (Rugby & Northampton AC) 11.23, 20 I Hughes (R&N) 11.27, 26 C Murphy (R&N) 11.38, 35 R Pinto (R&N) 11.49, 37 M Clapp (Harborough AC) 11.53, 44 C Moore (R&N) 12.03, 53 A Inwood (R&N) 12.08, 54 K Clubb (R&N) 12.10, 58 M Hunter-Powell (C) 12.17, 75 B Morrow-Harris (C) 12.42, 78 C Iliffe (C) 12.43, 80 J Lawes (R&N) 12.47, 88 M Spellman (R&N) 13.00, 98 E Byrd (R&N) 13.22, 119 P Hindley (R&N) 14.26.

Teams

1 Charnwood AC 48, 2 Leicester Coritanian 60, 3 Mansfield Harriers 69, 5 Rugby & Northampton AC 99, 6 Corby AC 101.

Under-13 Boys (3km)

1 D Bill (Halesowen) 9.45, 2 J Hatton (Charnwood AC) 9.48, 3 J Cara (Kettering Town Harriers) 9.56, 13 J Murphy (R&N) 10.17, 35 M Bridges (R&N) 11.00, 45 J Hope (KTH) 11.07, 50 B Musgrove (R&N) 11.10, 70 B Tierney (KTH) 11.37, 101 E Mehmet (KTH) 12.25.

Teams

1 Halesowen 76, 2 Mansfield Harriers 83, 3 Leicester Coritanians 107, 13 Kettering Town Harriers 219.

Under-15 Girls (4km)

1 S Coldwell (Charnwood AC) 15.56, 2 A Wright (Worcester AC) 16.04, 3 A Griffiths (Leicester Coritanian) 16.25, 17 G Roberts (R&N) 17.33, 24 S Bennett (R&N) 17.51, 29 C Blake (R&N) 18.14, 52 A Morrow-Harris (C) 19.07, 83 M Love (R&N) 21.06, 92 G Diaz-Santana (KTH) 22.55.

Teams

1 Leicester Coritanian 54, 2 Royal Sutton Coldfield 84, 3 Halesowen 99, 7 Rugby & Northampton AC 153.

Under-15 Boys (4km)

1 H Brown (Halesowen) 14.14, 2 W Paulson (Stroud) 14.20, 3 Z Tobias (Bristol & West) 14.23, 37 G Goodwin (R&N) 15.51, 44 L Roberts (R&N) 16.04, 62 J Lantsbery (R&N) 16.26, 76 B Jennings (R&N) 16.48, 84 J Smith (R&N) 16.53, 106 C Baldwin (R&N) 18.19.

Teams

1 Coventry Godiva Harriers 67, 2 Leicester Coritanians 68, 3 Halesowen 83, 10 Rugby & Northampton AC 219.

Under-17 Women (5km)

1 A Gummow (Bristol & West) 19.08, 2 K Holt (City of Stoke) 20.01, 3 I Wolsey (Team Bath) 20.06, 7 E Waugh (R&N) 20.55, 18 G Moriarty (R&N) 22.16, 29 C Inwood (R&N) 23.04, 45 B Banks (R&N) 24.17, 50 E Barnes (R&N) 24.39, 53 E McGowan (R&N) 25.01, 58 D Smith (KTH) 27.26.

Teams

1 Bristol & West 20, 2 Halesowen 24, 3 Team Bath 30, 5 Rugby & Northampton AC 54.

Under-17 Men (6km)

1 T Curr (Stroud) 23.34, 2 B Halliwell (Westbury Harriers) 24.12, 3 R Park (Bristol & West) 24.16, 11 R Grant (R&N) 25.15, 15 J Waples (KTH) 25.46, 20 L Robinson (R&N) 26.05, 21 G Marshman (R&N) 26.05, 37 K Garlick (R&N) 27.04, 40 C Hills (R&N) 27.11, 55 R Male (R&N) 27.52, 65 J Watson (H) 28.21, 73 D Edwards (KTH) 29.01, 85 D Thompson (KTH) 31.38.

Teams

1 Stroud 36, 2 Cannock & Staffs 65, 3 Rugby & Northampton AC 89.

Under-20 Ladies (5km)

1 H Munn (KTH) 20.41, 2 E Merrick (Bristol & West) 20.44, 3 S Johnson (Trentham) 21.23, 13 K Barnett (KTH) 24.05.

Teams

1 Leicester Coritanian 30, 2 Mansfield Harriers 57, 3 Kettering Town Harriers 14 (two scorers).

Under-20 Men (8km)

1 M Clowes (Staffs Moorlands) 27.15, 2 B Norris (Notts AC) 27.25, 3 J Norman (OWLS) 27.39, 51 S Franklin (C) 34.25.

Senior Ladies (8km)

1 G Steele (Charnwood) 31.35, 2 C Hallissey (Bristol & West) 31.38, 3 D Walters (Birchfield Harriers) 31.42, 10 S Edwards (KTH) 34.22, 44 M Jesson (Northampton Road Runners) 38.33, 70 R Shaw (R&N) 40.59, 85 K Brooks (H) 42.28, 87 S Fearn (R&N) 42.29, 88 K Lundy (R&N) 42.40, 116 A Rollings (R&N) 47.05, 137 J Rose (R&N) 52.33.

Teams

1 Bristol & West 42, 2 Birchfield Harriers 107, 3 Telford AC 166, 12 Rugby & Northampton AC 361.

Senior Men (12km)

1 J Walsh (Leeds City) 40.25, 2 R Bugden (Bristol & West) 40.29, 3 B Farquharson (Notts AC) 40.31, 74 C Curtis (C) 46.34, 109 B Moen (R&N) 48.50, 114 W Clapp (H) 49.17, 120 M Armstrong (R&N) 49.40, 132 T Egan (R&N) 50.27, 147 B Malia (R&N) 51.17, 176 B Summers (R&N) 52.47, 186 D Waddington (H) 53.26, 245 A White (R&N) 57.03, 247 A Clawson (KTH) 57.10, 269 G Rolfe (H) 59.29, 288 A Rain (KTH) 1.01.31, 299 S Smith (KTH) 1.03.08, 305 R Bufton (H) 1.03.41, 353 D Oram (H) 1.21.01.

Teams

1 Coventry Godiva Harriers 116, 2 Notts AC 118, 3 Tipton Harriers 120, 15 Rugby & Northampton AC 929.