

**Northants County Cross Country Champs**  
**9<sup>th</sup> January 2010**

Despite Mathew Almond switching his allegiance to Kettering Town Harriers, Rugby & Northampton AC still managed to hold on to the Ernest Thompson Trophy at Saturday's Northamptonshire Cross Country Championships. Leading them home over a snow covered Wicksteed Park with his highest ever county placing was Stuart Nelson who ran an excellent race to finish fourth. He was well supported by former Under-17 and Under-15 champion Matt Howes (seventh), Brendan Moen (13<sup>th</sup>), old hands Vince Carroll (16<sup>th</sup>) and Terry Egan (17<sup>th</sup>) and their final counter Mark Armstrong whose 18<sup>th</sup> place gave them a points total of 75 as they convincingly defeated Corby AC and Kettering Town Harriers.

Fronting the Corby challenge with his best ever county run was eighth placed Martin Johnson, who was backed up by Chris Curtis (11<sup>th</sup>), Seb Goodall (20<sup>th</sup>), Luke Montgomery (24<sup>th</sup>), Neal Humphreys (26<sup>th</sup>) and Graeme Hall, who was one place behind in 27<sup>th</sup>.

Almond convincingly retained the Ernie Boyfield Trophy as the individual Senior Men's champion to lead home the Harriers squad of Damian Carr, whose fifth place was his highest ever county position, Jonathan Goringe (19<sup>th</sup>), Phil West (25<sup>th</sup>), Steve Giles (32<sup>nd</sup>) and Andrew Clawson in 40<sup>th</sup> place. Almond's individual victory saw him pull away from the 2002 champion, Job King (Coventry Godiva Harriers), a third into the 10km distance and once away he was untroubled as every stride saw him ease further away from his rivals. At the finish he was over 300m clear as he crossed the line in 33.16. The battle for the runner-up spot was a much closer affair which saw Ringstead's Ben Sharman overtake the stitch suffering King (third in 34.39) in the closing stages to clinch it in 34.19. Wootton's Phil Melling (sixth), Corby-based Danny Keating (ninth), Coventry's Nigel Marley (tenth), the Wellingborough & District AC pair of Andrew McKenna, the 2003 champion, who was 11<sup>th</sup> and Neil Barnett (14<sup>th</sup>) plus Silson Jogger Andy Pacey in 15<sup>th</sup> all turned in creditable performances.

The Senior Ladies 6.6km event saw Wootton Road Runners retain the team title although it could have been a different story if Kettering Town Harrier Hayley Munn hadn't retired with a calf injury when challenging for the title well into the race.

Sian Edwards was always at the front but had to work hard to win her first Senior title after coming under pressure from former Harrier Nicole Roberts who, like the winner, has won an array of titles in the younger age groups. Closing fast on the pair in the final kilometre was the defending champion, Kirsty Gallagher, who led Wootton to the team title. Also scoring for the victorious team were Nicki Harris (eighth) and Fran Malin (ninth).

Backing the winner in the Harriers team, which came second, were Rebecca Hall in sixth place and Yvonne Mehmet, who was 18<sup>th</sup> while the counting trio for third placed R&N were Alison Cooper (fifth), Angela Copson in seventh and Rachel Shaw, who was 14<sup>th</sup>.

Corby's Mairead Rocke produced a solid effort to finish an isolated fourth. R&N dominated the younger age groups and took all eight team titles on offer. They retained the Under-17 Men's title and also provided the individual champion when Rory Grant successfully defended his crown with an emphatic

win which saw him finish over 400m clear of his nearest rival. In his wake Guy Marshman (R&N) – last year's Under-15 winner – was a clear second while Jake Waples (KTH) had to work hard to hold on to the bronze when he came under pressure from R&N's third scorer, Luke Robinson. David Edwards (eighth) and Daniel Thompson (12<sup>th</sup>) were the other scorers for runners-up Kettering.

Charlotte Inwood, who has had to settle for minor medals over the last two years at Under-15 level, at last came out on top after an intriguing battle with her R&N club colleague, Gabriella Moriarty, in the Under-17 Ladies event. But she eventually proved the stronger in the final kilometre as she won by 13 seconds with Danielle Smith (KTH) repeating her third place of 12 months ago. Fourth placed Briony Banks was the third scorer as R&N retained the team title.

Sarah Bennett dominated the Under-15 Girls' event with a superb front running performance which brought her home almost 150m ahead of Genevieve Roberts as R&N filled the top two positions. Clarissa Blake in fourth was their final counter while also running well to clinch the bronze was Gina Diaz-Santana (KTH). Nicole Curtis also produced a fine run to finish in fifth place and lead Corby AC to team silver.

Logan Roberts led R&N to a clean sweep of the medals in the Under-15 Boys' race when leading all the way to come home ahead of Jacob Allen and Joseph Lantsbery. They finished in front of Kettering Town Harriers who were led home by Liam Kirk (tenth) while Corby's Sam Furey ran well to take sixth place.

The closest finish of the day came in the Under-13 Boys' race when after a race long battle Jack Murphy just edged out Josh Cara (KTH) to lead R&N to a retention of the team title. He had excellent back up from Matthew Bridges in third and fourth placed Ben Musgrove while supporting Cara in the second placed Harriers team with good runs were Jack Hope (fifth) and Ben Tierney in seventh.

Equally exciting was the corresponding girls' event in which four runners were still in contention going into the final 800m with Corby's Ellie Welch forcing the pace ahead of the R&N trio of Isobel Hughes (the holder), Charlotte Murphy and the Under-11 champion of last year, Phoebe Ellis. Welch held her own as she registered a four second victory over Hughes with Murphy squeezing out Ellis for the bronze.

R&N easily took the team trophy from KTH whose top finisher was Abigail Coleman with a fine fifth place. Gemma Vaughan (eighth) and Francesca Ashworth (tenth) were the other two counters for the Harriers while Chloe Iliff (15<sup>th</sup>) and Bryony Morrow-Harris (16<sup>th</sup>) also scored for third placed Corby. Aimee Lee Trafford (Bedford & County) showed that her switch from sprinting is beginning to pay dividends when she finished a creditable sixth.

Both the Under-11 races were very competitive with all the runners performing with distinction in the adverse weather conditions. Fraser Dalby recorded Corby's second individual success of the day when he showed improved form from 12 months ago to take the boys' title. He came home 40m ahead of Hayden Arnall and despite Harry Freeman taking third spot Corby were convincingly beaten by R&N in the team stakes. Cameron Roberts (fourth) and Jay O'Leary (fifth) ran well for the winning team while William Rhodes in 16<sup>th</sup> was the third man home for Corby.

Corby's Woodnewton School were third team with Shae Gilsean, whose Great Uncle Pat lifted the Senior title nine times in the seventies, their first runner home in seventh place. He was supported by Stewart and Aaron McNab in 11<sup>th</sup> and 12<sup>th</sup> while Gabriel Smith (KTH) had a solid run to finish sixth.

Pre-race favourite Constantia Liburd didn't disappoint as R&N filled the top two places in the girls' event. She raced home five seconds clear of Georgia Wright with Corby's Ruby Goodall a couple of strides behind in third and Kettering's Tabitha Walford a close up fourth. Ella Machin-Bradbury in fifth also helped R&N to the successful defence of their team title with Corby again second. Ellie-May Hathaway (sixth) and Alison Curtis (seventh) also counted for Corby while Hannah Winstone (12<sup>th</sup>) and Rebecca Hughes (13<sup>th</sup>) helped Kettering to the bronze.

Praise must go to the organising club, Kettering Town Harriers, who managed to put on the event despite the sub zero weather conditions which saw many other county championships cancelled.

#### Senior Men (10km)

1 M Almond (Kettering Town Harriers) 33.16, 2 B Sharman (Birchfield Harriers) 34.19, 3 J King (Coventry Godiva Harriers) 34.39, 4 S Nelson (Rugby & Northampton AC) 35.09, 5 D Carr (KTH) 35.29, 6 P Melling (Wootton Road Runners) 36.01, 7 M Howes (R&N) 36.11, 8 M Johnson (Corby AC) 36.39, 9 D Keating (Leicester Coritanian) 36.44, 10 N Marley (CGH) 36.53, 11 C Curtis (C) 37.11, 12 A McKenna (Wellingborough & District AC) 37.17, 13 B Moen (R&N) 37.23, 14 N Barnett (W&D) 37.47, 15 A Pacey (Silson Joggers) 37.55, 16 V Carroll (R&N) 37.58, 17 T Egan (R&N) 38.02, 18 M Armstrong (R&N) 38.11, 19 J Goringe (KTH) 38.19, 20 S Goodall (C) 38.20, 21 C Wood (SJ) 38.28, 22 S Woodward (SJ) 38.25, 23 G Spellman (R&N) 38.43, 24 L Montgomery (C) 38.51, 25 P West (KTH) 38.56, 26 N Humphreys (C) 39.10, 27 G Hall (C) 39.17, 28 L Berrill (WRR) 39.18, 29 D Doherty (W&D) 39.19, 30 R MacDougall (R&N) 39.39, 31 J Saw (R&N) 40.15, 32 S Giles (KTH) 40.35, 33 J Haynes (SJ) 40.41, 34 B Summers (R&N) 41.02, 35 S Broom (C) 41.07, 36 N Willsher (R&N) 41.25, 37 J Kemp (W&D) 42.16, 38 A Hawkes (C) 42.22, 39 A Kirk (SJ) 42.48, 40 A Clawson (KTH) 42.49, 41 K Moreman (Daventry Road Runners) 42.58, 42 M Winstone (KTH) 43.19, 43 R Fletcher (KTH) 44.29, 44 K Reboul (SJ) 44.36, 45 M Newton (W&D) 44.53, 46 A Rain (KTH) 45.42, 47 M Ratcliffe (R&N) 45.49, 48 A Hoare (SJ) 46.02, 49 P Williams (W&D) 46.09, 50 S Gull (Nene Valley Harriers) 46.47, 51 C Mullaney (DRR) 47.17, 52 J Love (R&N) 47.30, 53 P Young (KTH) 47.41, 54 I Patton (W&D) 47.57, 55 M Nicholls (SJ) 49.02, 56 A Griffiths (W&D) 49.39, 57 C Harris (W&D) 50.55, 58 D Coleman (W&D) 53.38, 59 D Russo (W&D) 54.21.

#### Teams

1 Rugby & Northampton AC 75, 2 Corby AC 116, 3 Kettering Town Harriers 122, 4 Silson Joggers 174, 5 Wellingborough & District AC 186.

#### Senior Ladies (6.6km)

1 S Edwards (KTH) 26.09, 2 N Roberts (Winchester) 26.16, 3 K Gallagher (WRR) 26.24, 4 M Rocke (C) 27.35, 5 A Cooper (R&N) 28.29, 6 R Hall (KTH)

28.40, 7 A Copson (R&N) 29.11, 8 N Harris (WRR) 29.17, 9 F Malin (WRR) 29.26, 10 S Bell (WRR) 29.45, 11 M Jesson (Northampton Road Runners) 29.47, 12 M Larsen (WRR) 29.51, 13 K Armstrong (C) 30.01, 14 R Shaw (R&N) 30.40, 15 L Lytollis (SJ) 31.11, 16 H Cooke (SJ) 31.20, 17 J Pulsford (R&N) 32.15, 18 Y Mehmet (KTH) 32.34, 19 C Wright (C) 32.35, 20 R Cave (Bedford & County) 32.37, 21 A Burgess (WRR) 32.57, 22 J Love (R&N) 33.01, 23 A Moxey (KTH) 33.04, 24 L Kemp (W&D) 33.13, 25 E O'Sullivan (W&D) 33.13, 26 K Wheeler (C) 33.14, 27 L Willis (R&N) 34.14, 28 T Pike (C) 34.26, 29 C Hill (SJ) 34.39, 30 E Clawson (KTH) 34.44, 31 E Rocke (C) 35.09, 32 M Bignell (SJ) 35.51, 33 N King (SJ) 36.15, 34 N Wain (W&D) 36.21, 35 M Moutrie (SJ) 36.58, 36 L Burton (W&D) 38.19.

#### Teams

1 Wootton Road Runners 20, 2 Kettering Town Harriers 25, 3 Rugby & Northampton AC 26, 4 Corby AC 36, 5 Silson Joggers 60, 6 Wellingborough & District AC 83.

#### Under-17 Men (6.6km)

1 R Grant (R&N) 23.22, 2 G Marshman (R&N) 24.44, 3 J Waples (KTH) 25.29, 4 L Robinson (R&N) 25.32, 5 R Male (R&N) 25.36, 6 K Garlick (R&N) 26.01, 7 C Tomkins (W&D) 26.06, 8 D Edwards (KTH) 26.26, 9 M Finnigan (R&N) 26.30, 10 C Hills (R&N) 27.01, 11 J Gull (NVH) 27.15, 12 D Thompson (KTH) 28.21.

#### Teams

1 Rugby & Northampton AC 9, 2 Kettering Town Harriers 23.

#### Under-17 Ladies (4.9km)

1 C Inwood (R&N) 21.11, 2 G Moriarty (R&N) 21.24, 3 D Smith (KTH) 22.17, 4 B Banks (R&N) 22.31, 5 E McGowan (R&N) 23.11, 6 E Barnes (R&N) 23.33, 7 L Byrd (R&N) 25.15, 8 R Patton (W&D) 34.06.

#### Team

1 Rugby & Northampton AC 7.

#### Under-15 Boys (4.9km)

1 L Roberts (R&N) 19.08, 2 J Allen (R&N) 19.23, 3 J Lantsbery (R&N) 19.50, 4 J Smith (R&N) 19.56, 5 M Inwood (R&N) 20.49, 6 L Greer (R&N) 21.04, 7 S Furey (C) 21.13, 8 C Baldwin (R&N) 21.19, 9 D Diver (C) 21.23, 10 L Kirk (KTH) 21.54, 11 D Waples (KTH) 22.11, 12 L Smith (KTH) 24.12.

#### Teams

1 Rugby & Northampton AC 6, 2 Kettering Town Harriers 33.

#### Under-15 Girls (4.3km)

1 S Bennett (R&N) 18.46, 2 G Roberts (R&N) 19.13, 3 G Diaz-Santana (KTH) 19.35, 4 C Blake (R&N) 19.42, 5 N Curtis (C) 20.45, 6 L Tolton (KTH) 21.11, 7 M Love (R&N) 21.46, 8 A Lawson (SJ) 22.10, 9 K Fowler (C) 23.06, 10 D Needs (W&D) 24.12, 11 L Parv (C) 25.17.

## Teams

1 Rugby & Northampton AC 7, 2 Corby AC 25.

## Under-13 Boys (3km)

1 J Murphy (R&N) 11.14, 2 J Cara (KTH) 11.16, 3 M Bridges (R&N) 12.20, 4 B Musgrove (R&N) 12.24, 5 J Hope (KTH) 12.26, 6 K Wilson (R&N) 12.35, 7 B Tierney (KTH) 13.08, 8 M Kinder (R&N) 13.25, 9 S McIntyre (C) 13.37, 10 H Barnes (SJ) 13.54, 11 C Male (R&N) 14.16, 12 E Mehmet (KTH) 14.23, 13 S Winstone (KTH) 14.24, 14 J Needham (Brooke Weston) 14.38, 15 M Chapman (R&N) 14.45, 16 N Hollowell (R&N) 14.58, 17 A Tait (Woodnewton School) 15.26, 18 C Henry (R&N) 17.48, 19 T Mullaney (William Parker School) 18.04, 20 S Tait (R&N) 18.13.

## Teams

1 Rugby & Northampton AC 8, 2 Kettering Town Harriers 14.

## Under-13 Girls (3km)

1 E Welch (C) 12.38, 2 I Hughes (R&N) 12.42, 3 C Murphy (R&N) 12.44, 4 P Ellis (R&N) 12.47, 5 A Coleman (KTH) 13.03, 6 A Trafford (B&Co) 13.14, 7 B Pinto (R&N) 13.15, 8 G Vaughan (KTH) 13.38, 9 K Goddard (R&N) 14.00, 10 F Ashworth (KTH) 14.03, 11 A Inwood (R&N) 14.09, 12 N Goddard (R&N) 14.10, 13 L Carmichael (R&N) 14.10, 14 M Spellman (R&N) 14.15, 15 C Iliff (C) 14.28, 16 B Morrow-Harris (C) 14.30, 17 K Clubb (R&N) 14.41, 18 E Byrd (R&N) 15.20, 19 I Parv (C) 15.24, 20 M Exley (R&N) 15.27, 21 P Hobbs (Daventry AC) 15.29, 22 L Mehmet (KTH) 15.31, 23 F German (SJ) 15.35, 24 E Valentine (R&N) 16.30, 25 A Church (R&N) 18.51.

## Teams

1 Rugby & Northampton AC 9, 2 Kettering Town Harriers 23, 3 Corby AC 32.

## Under-11 Boys (2km)

1 F Dalby (C) 7.49, 2 H Arnall (R&N) 7.56, 3 H Freeman (C) 8.01, 4 C Roberts (R&N) 8.25, 5 J O'Leary (R&N) 8.48, 6 G Smith (KTH) 8.52, 7 S Gilsenan (Wood) 9.06, 8 H Cocker (R&N) 9.24, 9 T White (R&N) 9.26, 10 P Kempson (R&N) 9.33, 11 S McNab (Wood) 9.53, 12 A McNab (Wood) 9.58, 13 N Martin (R&N) 10.11, 14 J Pettitt (R&N) 10.31, 15 R Leyes (Wood) 10.39, 16 W Rhodes (C) 10.54, 17 H Walker (Wood) 11.32, 18 L Twamley (Wood) 11.50, 19 D Parker (Wood) 13.34.

## Teams

1 Rugby & Northampton AC 11, 2 Corby AC 20, 3 Woodnewton School 30.

## Under-11 Girls (2km)

1 C Liburd (R&N) 8.49, 2 G Wright (R&N) 8.54, 3 R Goodall (C) 8.55, 4 T Walford (KTH) 8.57, 5 E Machin-Bradbury (R&N) 9.02, 6 E-M Hathaway (C) 9.18, 7 A Curtis (C) 9.28, 8 D Gaskell (C) 9.35, 9 A Shocklidge (R&N) 9.40, 10 M Hughes (R&N) 9.41, 11 M Mason (R&N) 9.43, 12 H Winstone (KTH) 9.48, 13 R Hughes (KTH) 10.01, 14 D Parv (C) 10.03, 15 P Carmichael (R&N) 10.06, 16 E Manson (KTH) 10.16, 17 E Spellman (R&N) 10.26, 18 C Lodge

(R&N) 10.28, 19 K Woods (R&N) 10.40, 20 F Marlow (KTH) 10.42, 21 A  
Carter (R&N) 11.16, 22 L Young (R&N) 11.19.

#### Teams

1 Rugby & Northampton AC 8, 2 Corby AC 16, 3 Kettering Town Harriers 29.