

CUMBRIA

Results

Inter-Counties at Nottingham on March 15th 2009

Again we were lucky with weather - it started to rain during the last race and poured down all the way home.

Again we had a successful day and finished teams in all events except the u17 and u20 Ladies. Pride of place in the individual results again goes to Laura Park's win in the u20 Women's event. The course was in very fast condition but this may not have suited our fell runners who are stronger rather than fast. Our lack of strength in depth showed in places, the number of places in the top 100 improved overall - 15 this year - 13 last year). In all but two cases, our team position improved.

The tent provided by Eden, proved a focal point for the team and it was pleasing to see all clubs using it - a great boost to morale.

I have a bag full of lost property left in the tent - contact me for retrieval

U20 WOMEN 132f

I make no apology for listing this race first. This was a magnificent performance by Laura. Although she is actually an under 17, she ran in this race in order to secure a UK place in the world Championships. Leading a bunch after the first lap, she was behind 50m behind and it looked all over. Laura however did not give up and by the time the leaders were in the final long run home, she was in the lead and unbeatable. Although this is usually our weakest event, it is the only Ladies event that Cumbria has provided a winner

- Louise Kelly of Barrow having won in 1998

Laura Park	(Ellenboro)	1st	22m31
Anna Whitemore	(Eden)	121st	31m16

SENIOR MEN 264f

Again we were plagued with last minute injuries - with athletes entered simply because they had finished in a respectable position in the county championships. Even so - two runners in the top 100 ensured we finished in a respectable position. Four of the team ran last year and three of these improved their position by as much as 50 places.

Adrian Holliday	(Trafford)	44th	39m26
James Dougla	(Border)	78th	40m46
David Hook	(Barrow FS)	183rd	43m20
Jeff Cunningham	(Herne Hill)	184th	43m21
Dave Fulford	(Hoad Hill)	198th	43m49
Jeff Chadwick	(Hoad H)	204th	44m04
Derek Hurton	(Eden)	209th	44m24
Team		23rd/30,	891 pts
		(Last Year 31st/35,	1207pts)

U20 MEN 195f

At one time, we found it difficult to raise a team in this (very narrow) age group. We have now achieved this for the past four years. Barrow has been very strong in this age group this year. Interestingly we still managed to field a team without a Barrow representative. (Most of Barrow's u20 are caught in the grey area between British and international age groups - David Hook for example finished third counter in the Senior Men's race)

Tom Addison (Helm H)	34th	27m32
Will Nicholson (Border)	80th	29m01
Mark Nixon (Eden)	175th	32m05
Sam Ratcliffe (Helm Hill)	188th	33m51
Jackson Kelly (CFR)	293rd	36m02
Team	21st/25	477f
(Last Year 21st/24	480pts	

U17 BOYS 258f

The loss of two major runners, prior to the race proved to be a major blow to our team position. This compounded with Tom Marper, our county champion, pulling a hamstring halfway through the race. This was partially offset by Tom Farrell's fine run

The team were the remnants of an under 15 team that finished last, two years ago, although only Tom Farrell survived to this year.

Tom Farrell (Border)	9th	20m44
Scott Thwaites (Helm H)	155th	22m49
Declan Conley (Border)	179th	23m11
James Bowness (Trafford)	199th	23m30
Marc Brown (CFR)	223rd	23m55
Tom Marper (Border)	dnf	

Team 26th/39, 542 pts
Last Year (22nd/41, 389pts)

U15 BOYS 281f

We lost three runners in the week before the race, but this gave a chance to two of the reserves. Most of the boys had steady runs. .

Matthew Grieve (Border)	65 th	16m10
Lee Savage (Eden)	120 th	16m36
Jos Addison (Helm H)	161 st	16m57
Sam Till (Dallam)	184 th	17m08
Luke Ingham (Kendal)	185 th	17m09
Rory Addison (Helm H)	215 th	17m28
Michael Hoyle (Kendal)	243 rd	18m04

Team 28th/41, 530 pts
(Last year 33rd/40, 642pts)

U13 BOYS 298f

A full team with 6 of them still u13 next year. Alistair improved by over 60 places. James is still in this age group next year and looks a solid prospect.

James Knox (Helm H)	27th	12m54
Simon Little (Carl/Asp)	50 th	13m07
Alistair Weymouth (Eden)	149th	15m05
Sam Storey (BFS)	200th	14m04
Sam Dudson (Eden)	214th	14m14
Ross Campbell (Barrow FS)	219th	14m15
Tom Hartley (Kendal)	268 th	14m40
Ben Till (Dallam)	291st	15m35

Team 21st/40, 364 pts
(Last year 26th/38 491pts)

SENIOR LADIES 254f

A case here of our lack of "strength in depth" we always knew the "Kendal three were the basis of a strong team. Unfortunately injuries and illness reduced our options and this was compounded by a lack of reserves. Even so, five of the six expected counters ran and this gave us our best ever team position. Hopefully Gemma will make the British team for Edinburgh - and Sarah must also be in contention.

Gemma Miles(Kendal)	5 th	28m23
Sarah Tunstall (Kendal)	7 th	28m31
Rebecca Robinson (Kendal)	39 th	30m27
Clare McKeown (Border)	118th	32m33
Sue Hool (Wilmslow)	186th	35m07
Rhiannon Silson (Eden)	221st	36m12

Team 13th /27, 590 pts
Last year (19th/29, 886pts)

U17 Girls 240 f

Another race where our lack of strength showed. With key runners injured or unavailable, it was left to our three back-up runners to fly the flag. Holly improved over 50 places from last year. Next year, will Cathy do the same. Sarah's chip failed to record - so we don't know where she finished - we think she was in front of Holly.

Holly Marshall (Eden)	186th	22m38
Cathy Gill (Dallam)	228th	24m17
Sarah Hannabury (Seaton)	pos not known	

U15GIRLS 274f

The loss, through injury, of Vicky Johnson was a big blow to our team. Laura park was in this team last year finishing 4th. - a fact that accounts for the increase in points.

Ellie Wilson (Barrow FS)	72nd	16m29
Robin Goodfellow (Dallam)	150th	17m14
Kim Little (Barrow FS)	157th	17m18
Jodi Hebson (Eden)	217th	17m52
Abbey Foy (Seaton)	263rd	19m03
Catherine Kenyon (Eden)	264th	19m06
Jane Gill (Dallam)	272nd	19m36
Team 34th /40, 596 pts		
(last year 23rd/38, 415pts)		

U13 GIRLS 300f

This has traditionally been our weakest age group - however the form of Hannah and Abbey has transformed our fortunes. These two girls ran last year when they were u11s. Perhaps we should look again at our selection process and involve the younger age group. Of the team only Eilidh was over 12. .

Hannah Bethwaite (Ellenboro)	12th	13m50
Abbie Hetherington (Carlisle Asp)	47th	14m27
Georgia Birley (Eden)	223rd	15m37
Lydia Howard (Barrow FS)	268th	16m09
Joelle Campbell (Kendal)	287th	16m49
Tiffany Chamley (Barrow FS)	299th	18m59
Zoe Campbell (Carl/Asp)	300th	19m17
Eilidh Sproul (Kendal)	dnf	

Team 30th/40, 550 pts
(last year 32nd/39 594pts)

Anyone who has any queries on the above should contact our Team Manager (Noel Hakeman) by telephone 01434 321385 asap.