

## **2011/12 Senior Ladies Team Road & Cross Country - Half Time Report!**

Let's start with how the WAC ladies are doing on the tarmac.

First outing was at the Midland 4 Stage Road Relays on 24th September where at the last minute we didn't have a complete team but nonetheless there were good solid runs by Molly Browne, Karen Matthews and myself to get up to 35th place after stage 3 which surely put us in good fettle for the National 4 Stage Road Relays three weeks later.

On 2nd October the Worcestershire County 10km Championships were held on a sweltering day at Stourport and although we didn't have enough ladies for a team placing I kept some of the WAC boys company and flew the flag for the ladies to finish 4th female.

On 15th October we were back at Sutton Park again for the National 4 Stage Road Relays where Molly, Tiffany Jones, Gill Jubb and myself ran to 64th place (out of 72 complete teams and a dozen or so incomplete teams) in 1:16:48 against the best runners in the country. A good start to the winter season and plenty to aim for when the 6 stage relays come around in the Spring. Don't be backward about coming forward to run as we need six keen ladies to make it to the start line on 31st March 2012 so pencil it in your diaries now!

Now onto the dirt.

In between the flurry of road running was the first Gloucestershire Cross Country league race at Cotswold Farm Park on 8th October and over a rather hard baked course the WAC ladies team opened their account in the team competition scoring 246 points with myself in 51st at 28:50, Gill in 85th at 32:50 and Sue Klein (having barely run off road before!) in 110th at 41:36. At this point we were placing in both the Senior and Vet competitions at 25th and 13th respectively.

The 5th November brought not only fireworks but the second league race at Blackbridge where Gill and I were joined by U20 Millie Barnes who had a superb run to win the U20 category and take 5th place overall at 26:01 behind the race winner (and series leader) at 24:12. Myself and Gill both made good progress up the field from the first league race to place 39th at 29:17 and 77th at 33:15 respectively to give a team score of 121 points. With no third scoring O/35 I think we are now out of the Vet team competition but our hopes are still well and truly alive with a Senior placing of 13th on the day.

As every league race counts and with many teams not scoring at both events, the half time scores for the league currently show that WAC ladies are standing at 14th place in the Senior team competition so anyone who can run at the next round at Cheltenham on 10th December would be especially welcome so that we can build further on our placing.

In the individual competition where your best 3 out of 4 races count it is rather less clear with only two races out of four gone by but myself and Gill are currently sitting in 31st and 48th places overall and around 7th and 11th in the V45 category although I'm sure Millie might be wanting to add points over the next two league events to zoom back into the top end of the rankings!

Next scheduled outing for the ladies is to contest the Midland Cross Country Association 5 Mile Championships at Wolverhampton on 19th November. I'm not sure that the club has been to this event all that many times before so hopefully it will be a great experience for us and one that we can maybe pencil in as a regular outing for the ladies in the future. Look out for an update on how we get on very shortly!

And finally, if you're not already on my e-mail circulation list for the regular updates on all things road and dirt that may be of interest to WAC ladies then it must mean that we have either an incorrect or out of date e-mail address for you so please update Andy Peach with your latest details ASAP and I will be able to keep you in the loop so that you don't miss out on your chance to fly the club colours.

Bye for now and Happy Running :-)

Tracy Miles  
Ladies Road/Cross Country Team Manager