

Midland Cross Country Association Open Ladies' 5 Mile and Open Men's 7 Mile XC Championships

On a rather cold and damp Saturday morning five of the WAC ladies (and one lone WAC gent) made the journey up to the home of Wolverhampton & Bilston to contest the Midland Ladies' 5 Mile (and Men's 7 Mile) XC championships. As you'd expect the venue had excellent facilities with a course that was challenging but strangely enjoyable containing lots of digs and drags to sap your energy and test your endurance!

From the programme around fifteen clubs had sent lady runners but not all clubs would feature in the team competition with a minimum of four runners to score. Our five strong WAC ladies team for the day consisted of Millie Barnes, Kelly Klein, Gill Jubb, Karen Matthews and myself whilst my better half was running for the WAC men in the 7 Mile Championship after he had first kindly multi-tasked as our official cheerleader and photographer (see "Gallery/Links" page).

Leading us home for the day was our U20 Millie who had another excellent run in this open category competition to take 6th place in 35:22 behind the race winner at 32:24. Next WAC lady to the line was myself at 24th place in 39:07 followed by Kelly and Karen sprinting neck and neck to take 30th and 31st places both at 41:06 and anchoring our team was Gill in 36th place at 43:31. It was a fine effort by all of our ladies to get a full team to the finish (which many other clubs were not able to do) and as a result we scored a 6th place in the team competition. Hopefully something we can build on for the future as this was a great event and it certainly deserves the support of more Midland clubs and athletes.

Although not able to feature in the men's team competition, Warren had a pretty good race to place 17th in 43:29 behind the race winner at 38:25 in the 7 Mile Championship so all in all the club had a pretty successful day :-)

Next report will most likely be in 2012 when I'll have an update on how we are doing after the third round of the Gloucestershire XC league and of course all the low down on those all-important Worcestershire XC Champs in early January. It's not too late to come to either, enter on the day for the Gloucestershire league on 10th December at Cheltenham as an ideal pre-Christmas warm up for the Champs at Droitwich on 7th January and let me know if you want to run in the XC Champs race by 30 November at the latest please. Plenty of time for festivities, recovery and last minute training in between!

Tracy Miles
Ladies Road/Cross Country Team Manager