

Mitchell wins third consecutive County title for Worcester AC

The 2012 Worcestershire County Cross Country championships were held at Droitwich High School last Saturday and over 250 hardy runners battled their way through the cold and mud to finish the course.

The highlight of the day was without a doubt the Senior Men's race, in which Worcester AC's Sam Mitchell claimed his third consecutive County title by a mere 3 seconds from Belgrave Harriers' Stephen Sharp in a time of 35 minutes 22 seconds. The race had been a closely fought contest from the outset with Halesowen's Christian Booker, Worcester's Chris Wilson and Tipton Harrier's Matt Granger (3rd, 4th and 5th respectively) forming a leading pack with Mitchell and Sharp which forged well ahead of the rest of field over the 10km course. Despite placing two runners in the top 5 finishers, Worcester AC had to settle for 2nd in the Senior Men's team race as Halesowen's strength in depth proved too great and they emerged victorious on the day.

In the Senior Women's race, the Worcester AC ladies went one better than their male club-mates, taking the overall win as Kidderminster & Stourport AC's Jacqui Phillips took the individual win. There were also wins for Birchfield Harriers' Chloe Richardson and Worcester AC's Jenny Nesbitt in the Under 20 and Under 17 Ladies' races respectively. Halesowen's Abigail Saker and Phoebe Dodd took the wins in the Under 13 and Under 15 Girls' races.

Worcester AC enjoyed a clean sweep in the individual male races. In addition to Mitchell, there were also wins in the Under 20 Men's, Under 17 Men's, U15 Boy's and Under 13 Boy's races for Lewis Roberts, Thomas Stock, Declan McManus and Ben Clarke respectively.

However, in the male team races it was Halesowen who had the greatest success, with Worcester AC's victory in the Under 20 age group proving to be the only race in which the Halesowen men's and boy's teams did not win. The Worcester AC girls took the win in their Under 15 race, but Halesowen added to their overall trophy haul with wins in the Under 13 Girls' and Under 17 Ladies' team races.

Full results can be found at <http://www.worcaaa.org.uk>.