

Ladies Cross Country (and Trail!) Update - February 2012

Well, it's a bit difficult to live up to our fantastic day at the County XC but us ladies have still been putting in some fine efforts over the dirt since early January.

Firstly the Midland Masters XC Championships was held over the same Worcestershire County XC course on 22nd January at Droitwich and although we couldn't field a full team I duly flew the club colours to 5th place in the W45-49 category.

Secondly we had the final round of the Gloucestershire League to contest at Tewkesbury on 4th February which took place in truly wintery conditions! The frozen ground and horizontal snow meant running in the most amount of layers so far this season but our brave efforts paid off and we managed to secure a solid 9th place overall in the Senior ladies team competition. This doesn't sound so great on first glance but with at least a couple of dozen incomplete team scores behind us then I think that we actually did pretty well :-). Many thanks to Millie Barnes, Gill Jubb, Kelly Klein, Sue Klein and Ros Hope for making the team finish a possibility. Individual league positions for the club were also gained by Millie (7th overall and Under 20 Silver Medallist), myself (23rd overall and 4th V45) and Gill (49th overall and 10th V45) and not forgetting the boys; Warren Miles was 5th overall and V45 Silver Medallist.

Finally the ladies done pretty good at the Wyre Forest 8 last weekend by scooping the Ladies Team prize (see pictures below)! Conditions in the forest could only be described as somewhat challenging with many runners deciding to scratch after doing a course inspection. Shoe choice for eight miles of slush covered ice proved to be somewhat academic and in the end it was all about determination to finish in one piece!! Our winning team comprised Anne O'Connell who at 63:14 placed 9th lady followed by myself at 65:14 placing 15th lady and Karen Matthews at 69:51 placing 27th lady. Debbie Hodson also had a solid run in 64th place at 85:10 and not forgetting the boys again, my better half Warren placed 10th in 51:50 and Terry Beddington placed 58th in 62:13.

Well the dirt events are starting to wind down a little but we have plenty of tarmac events coming up to keep you occupied - keep an eye out in particular for our Queen of the Road series; details coming soon.

Don't forget that if you are not getting regular e-mail updates from me then it must mean that your contact details are out of date so please drop me a line (see the "Contact Us" section) to make sure you know what's going on!

Bye for now and Happy Running

Tracy Miles
Ladies Road/Cross Country Team Manager



Anne, Karen and Tracy - the Winning Ladies Team



A typical view of the challenging course conditions!
Where was that big thaw they forecast?



The post-presentation smiles - and finally, some sunshine!