

Ladies Cross Country Update - January 2012

Well what an excellent few weeks since my last report!

Just before Christmas we managed to field a full team for the third round of the Gloucester League at Cheltenham and therefore stay ranked in the team competition. Under 20 Millie Barnes lead us home again placing 13th followed by myself at 31st and Kelly Klein at 41st to produce our best team result this season so far of 8th senior team on the day. This has duly lifted us further up the season table from 14th to 9th place so we really need to get a team of at least three to the last round on 4th February at Tewkesbury to make sure that we don't lose all the hard work put in by our runners so far! Millie, myself and Gill Jubb are also still in the running for the individual rankings currently lying in 9th, 33rd and 74th places overall and of course keeping our fingers crossed for a good outing at the last round. It's not very far to travel to so if you haven't tried a cross country event yet then this would be a good one to try - you never know you might even enjoy it ;-)

Moving on to the Worcestershire AAA XC Championships at Droitwich, I think this was probably my proudest day so far! There was a fantastic turnout from our ladies with Millie Barnes and Molly Browne contesting the Under 20 race and no less than eight of us contesting the combined Senior and Master race - Carole Clarke, Debbie Hodson, Ros Hope, Gill Jubb, Kelly Klein, Sandra Lane, Karen Matthews and Myself.

All the detailed times and overall placings are noted in the website results section but the highlights were the Senior Ladies Team Gold secured (with just a two point margin!) by Kelly, Sandra and Myself and individual medals secured by Millie (Under 20 Bronze), Kelly (Senior Silver), Sandra (Over 50 Gold) and Carole (Over 60 Gold). We also received no less than FIVE invitations to run in the Inter-Counties XC on 10th March at Cofton Park (Millie, Mollie, Kelly, Sandra and Myself).

The whole team put in such a great effort on the day with noticeable improvements as the season has gone on and some great runs after long lay-offs through illness/injury too - all in all a day about which we should all be rightly pleased. A bit more mud to come to finish off the winter season and then of course it comes around to hitting the tarmac again.....

Don't forget that if you are not getting regular e-mail updates from me then it must mean that your contact details are out of date so please drop me a line (see the "Contact Us" section) to make sure you know what's going on!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