

## Birmingham Cross Country League – Race 4 – Lilleshall 09/02/2019

High winds and sapping mud were in store for the team as they travelled to the National Sports Complex in Lilleshall, Telford looking to secure a mid-table finish in the Birmingham Division 1 cross country league.

The course consisted of 4 laps of 2.2km running out across rutted fields with several long straights and only one hill of note meaning fast times could be achieved in spite of heavy mud in places.

The first Worcester Runner home was George Beardmore in 16<sup>th</sup> position overall in a time of 30:29., only 1 minute 32 seconds behind overall race winner Omar Ahmed of Birchfield Harriers. He was followed home by the rest of the A Team consisting of:

Position	Race Number	Time	Name	Team
16	646	30:29	George Beardmore	Worcester AC
36	653	31:16	Ben Duncan	Worcester AC
43	659	31:34	Ben Jones	Worcester AC
56	655	31:59	Daniel Geisler	Worcester AC
68	675	32:25	Jake Watson	Worcester AC
79	648	32:47	Robbie Campbell	Worcester AC

The team has shown remarkable competitiveness and improvement over the course of the season with several different runners over the 4 races managing to finish in the scoring 6. The A team has managed to go from a total of 365 points in the first race to 298 in the 4<sup>th</sup> showing that the tough training sessions put in place by coach Andy Peach have been paying dividends. Their performance in Telford was enough to secure them 6<sup>th</sup> place on the day and 9<sup>th</sup> place in the overall series.

Worcester AC's B team also had a strong showing on the day with Finley Smith leading them in in 100<sup>th</sup> place in a time of 33:26. The B team was made up of:

Position	Race Number	Time	Name	Team
100	731	33:26	Finley Smith	Worcester AC
122	664	34:01	Adam Pollock	Worcester AC
127	666	34:18	David Price	Worcester AC
130	650	34:24	Ciaran Connor	Worcester AC
131	658	34:25	Mike Jeavons	Worcester AC
139	670	34:48	Stefan Sternkopf	Worcester AC

The consistency of the B team over the course of the series has been of great help to Worcester's cause by helping to increase the points total's of the other teams, allowing Worcester to defend their mid table position.

The remaining Worcester runners on the day were:

Position	Race Number	Time	Name	Team
167	654	36:20	Matt Fairlamb	Worcester AC
171	660	36:39	Rob Jones	Worcester AC
181	647	37:36	Tom Bentley	Worcester AC
190	760	38:10	Jeremy Burton	Worcester AC
191	761	38:18	Ray Miles	Worcester AC
200	775	38:56	Phil Edwards	Worcester AC
215	665	40:41	David Pound	Worcester AC

Team manager Dave Waldron said of the team's performance "I cannot personally remember, since my time at the club which is now 20 plus years , that the senior men's cross country team has achieved so much in a season. Yesterday, if proof was needed, in finishing the A team in 6<sup>th</sup> place we have shown that we have the capability of beating a number of teams in the 'strong top 8 in the division' and that will be the challenge next year."

On top of team success there was individual success for George Beardmore who was rewarded for his consistently excellent performances by being presented with the U20 Division 1 Champion Trophy. George is the first U20 runner in Worcester AC's history to have won the coveted title of best junior athlete of the season.

The team now look forward to the Midlands 12 stage Road Relays on Saturday 23<sup>rd</sup> March where they will hope to improve on last years 16<sup>th</sup> place finish and break into the top 10.

If the team's exploits have inspired you to try your hand at cross country, track & field or road running please come along to Nunnery Wood sports complex Track, 6pm for U13's and 7pm for older junior athletes and Senior athletes, or email [info@worcester-ac.co.uk](mailto:info@worcester-ac.co.uk) for any queries about membership. Please visit the club website <http://worcester-ac.co.uk/index.htm> for more information.

#### **Division 1 Table after Race 4**

A Team	1	Birchfield Harriers	1 3 4 9 15 26	58
	2	University of Birmingham	6 8 14 17 22 33	100
	3	Tipton Harriers	18 19 24 34 35 40	170
	4	Loughborough Students	12 21 25 28 44 47	177
	5	Cheltenham&County	10 27 29 32 50 54	202
	6	Worcester AC	16 36 43 56 68 79	298
	7	Coventry Godiva Harriers	2 39 41 63 71 82	298
	8	City Of Stoke	30 42 46 58 65 87	328
	9	Rugby&Northampton	5 7 31 93 126 133	395
	10	Cannock&Stafford	11 57 64 73 88 106	399
	11	Wolverhampton&Bilston	13 23 59 69 114 125	403
	12	University of Warwick	45 70 72 77 86 96	446
	13	BRAT Club	49 53 74 90 91 99	456
	14	Leamington C & AC	20 75 84 97 98 112	486
	15	Telford AC	55 67 111 116 120 123	592
	16	Kenilworth Runners	89 102 110 115 140 149	705
B Team	1	Cheltenham&County	60 62 66 78 101 142	509
	2	University of Birmingham	37 48 76 103 119 136	519
	3	Tipton Harriers	51 81 85 92 107 124	540
	4	Loughborough Students	61 80 83 121 132 148	625
	5	Worcester AC	100 122 127 130 131 139	749
	6	BRAT Club	105 113 118 129 137 150	752
	7	Coventry Godiva Harriers	104 108 141 145 146 153	797
	8	Wolverhampton&Bilston	128 135 143 157 161 175	899
	9	Leamington C & AC	117 151 166 168 173 183	958
	10	Rugby&Northampton	156 163 165 177 186 210	1057
	11	Kenilworth Runners	154 162 192 197 201 221	1127