

## Midland Women's Cross Country League – Division 2 - 2022-2023

Worcester Women have had their best cross country season for many years. There were 4 races, 12 November at Park Hall Country Park, Stoke on Trent, 3 December at Pitville Park, Cheltenham, 14 January at Aldridge Airport, Walsall and 11 February at Coombe Abbey Park, Coventry.

The following represented Worcester Athletic Club over the 4 races:

Emma Robertson, Izzy Jeavons, Evie Hawksford-Johnson, Cat Hutchison, Marella Whitfield, Rachael Alexander, Karen Holland, Gill Jubb, Maggie Crosswell, Carole Clark, Nixie Turner, Vicky Watkins, Sarah Holland and Poppy Elton.

Emma, Evie, Cat, and Maggie completed all 4 races – well done ladies.

Everybody contributed to the final results, whether they ran 1 race or 4 as the results of each race are accumulated, the best 3 races of 4 contributing to the final individual and team results.

Evie was 3<sup>rd</sup> Junior over the series.

Emma was 3<sup>rd</sup> Senior over the series.

Cat was 9<sup>th</sup> Master over the series.

The 'A' team finished 4<sup>th</sup> overall.

The Masters team finished 7<sup>th</sup> overall.

The 'B' team was lying 2<sup>nd</sup> overall but I am still waiting for the final result.

For full results, go to:

<https://onedrive.live.com/view.aspx?resid=2F87B0C8F313DA67!51154&ithint=file%2cxlsx&authkey=!ANTtPuO9vdBHkBA> – individual results

<https://onedrive.live.com/view.aspx?resid=2F87B0C8F313DA67!50452&ithint=file%2cxlsx&authkey=!AJZUhozMcHgk6q0> – team results

The team spirit was amazing. We had hopes of being promoted to Division 1 but didn't quite make it this season. However, we have great hopes for next season.

Well done and congratulations to everybody who completed, special thanks to Cat and Rachael who helped recruit new runners and generally coaxed and cajoled them into running.

We are now looking forward to the Road Relays which is another important team event – more information to follow – and road races with individuals tackling their favourite distances and venues.

We are always interested in welcoming new members – for track and field, cross country and road races. For further information, look at the Club website – [www.worcester-ac.co.uk](http://www.worcester-ac.co.uk).

Carole Clark

Women's Road and Cross Country Team Manager

The photos show everyone who competed this season.



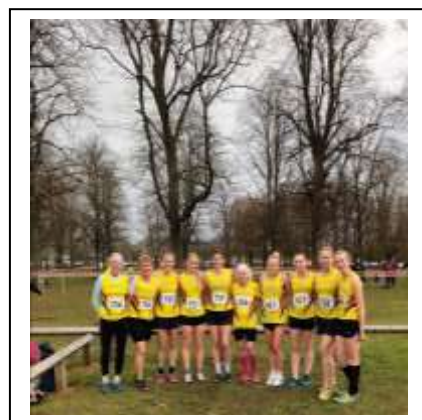
*Race 1*



*Race 2*



*Race 3*



*Race 4*