

# January 2012 News

## Northern Cross Country Championships

28th January 2012



Simon in action

Following on from the success at the South East Lancs League, the club took senior and junior teams to the Pontefract race course for the Northern Cross Country Championships. Needless to say out came the 'big guns' but the club did themselves proud and posted some fantastic results particularly in the junior boys and girls.

Results of the day: Georgia Taylor-Brown finishing a brilliant 3rd overall in the ladies U20 category and Chris Kays doing the same, getting a bronze medal in U20 men's category. Simon Horsfield finished 49th overall in the senior men's race amongst a field of seasoned internationals.

Other superb performances: Chris Middleton 12th in the U17 men's race, Tom McGuinness 25th in the U15 boys, George Lewis 8th in the U13 boys and Lily McGuinness 10th in the U13 girls event all had great runs.

[>Full Results<](#)

## Success at South East Lancs

21st January 2012



George Lewis & Joe Steward

Another successful year for ECH at the South East Lancs cross-country league with the concluding race hosted by Leigh Harriers on Saturday 21st January 2012. Once the overall results had been totted up it was a surprise to find the club dominating some or most of the categories, biggest surprise of all was the senior ladies and ladies vets who took the team prize for every category.

The juniors did extremely well the U11 girls winning their category with Ty Brockley-Langford 4th overall.

U13 boys joint winner was George Lewis with the team getting second place. The U13 girls dominated this category not only did the team achieve 1st spot but 1,2 & 3 overall was Lily McGuinness, Chloe Lockett & Emma Flyn.

The U15 boys was won by Tom McGuinness the team coming second. The U17 boys was won by Joe Steward with the team achieving second place. Then we come to the ladies O20 1st place, Janine Ridgard coming 4th overall, 1st place O40, 1st place 45-49 and 1st place O50.

In the mens case Joe Hudak took 1st place in the senior men U20 section in the O20 section ECH achieved 1st place with Howard Oldham coming 5th overall. In the vet 40-49 and O50 they were second team and Vets O60 they were 1st team with Fran Day taking 1st place overall.

ECH cross country prize giving night

**Saturday 24th March at 8pm**

in the clubhouse, tickets available behind the bar.

[>Full Results<](#)

**Hit the trail**

8th January 2012



Graham in the mud

Mud mud and more mud greeted 7 club members in the Belle Vue Harriers 'Hit the trail' 5 mile trail race.

Inform Howard Oldham came 6th overall and helped East Cheshire Harriers pick up the team prize, ably assisted by Paul Kenny 22nd, Andy Farley 23rd and Tony Hillier 38th. Gill Wolstenholme was our only lady entrant who came a creditable 77th (but don't mention the vest).

[>Full Results<](#)

### **Greater Manchester Cross Country Championships**

7th January 2012

The Greater Manchester County Championships took place at Woodbank Park on Saturday 7th January 2012. The course consisted of plenty of mud and a very steep hill, that some athlete's had to climb more than once (the senior men 4 times!). There were many East Cheshire athlete's competing and with some great success.

George Lewis ran brilliantly in the Under 13 Boys event, finishing 2nd for the Silver medal. Shaun Alford (13th) and Ben Lanigan (15th) also ran well to help the team finish 3rd overall. Lily McGuinness finished a

solid 6th in the Under 13 Girls event and may make the Greater Manchester team to compete in the Inter Counties Cross Country event (normally the top 6 make the team). Lily's brother Tom McGuinness also finished 6th in the Under 15 Boys event and should also make the Greater Manchester team, well done the McGuinness family!

Megan Ashelby continued in her great form finishing a superb 4th position in the Under 15 Girls event, to make the team. The Under 17 Men's team got the Bronze medal, with Chris Middleton finishing a brilliant 2nd position, Joe Steward in 7th and Matthew Jacques in 26th. Picture below with thier medals:



Joe Hudak showed how well he is running by finishing 2nd in the Under 20 Men's race and will represent Greater Manchester for his efforts.  
position.

Janine Ridgard and Emma MacQueen ran in the Senior Women's event, finishing 20th and 22nd respectively. Chris Kays was the star man for East Cheshire's senior men running superbly to finish 3rd overall, well done!

[>Full Results<](#)

### **Startrack Sportshall Camp**

4th January 2011

During the February school holidays, Tameside Sports Development are going to be running a 2 day Startrack Sportshall Camp for children aged 8-13 at the cost of £16 for the 2 days. It's from 10.00am -15.00pm at Oxford Park Sports Centre, Pottinger Street, Ashton-under-Lyne OL7 0PW.

Aviva Startrack is a superb programme that helps teachers, coaches and sports leaders to provide year-round coaching and training opportunities after school, during holiday periods and at weekends. The scheme is UKA's flagship grassroots athletics programme, aiming to give 8 to 13 year olds real athletics experiences and help them to develop skills. For more information log onto

<http://academy.uka.org.uk/startrack>

Please find attached an application form for the camp. If you could relay this information to any children/parents that it would be relevant to then it would be greatly appreciated.

Thanks, Blake Ellis (Community Athletics Development Coach at Tameside MBC)

[>Application Form<](#)