

Junior Cross Country Report 2012-13

A quick glance at the list of awards which follows this report (a list based on race performances), will show two things : first, that the numbers of Juniors competing has increased considerably since last year; second, that there is still some room for progress as far as participation in races is concerned.

Those who did compete have continued to race, with considerable success, in various fell races in the last few months, and many are regular participants in the Bradford Parkrun. Pleasingly, many more have taken part in the Judith and Keith Firm Memorial 5K Series of races, and done so with such spirit and enthusiasm that we hope they will now be prepared to take their first competitive step.

The first real opportunity to compete will be at our Schools races on September 25, when we are hoping for a huge turnout, but before then we shall be collecting entries for the West Yorkshire League, the first race of which will be on the weekend of October 19/20.

The highlight of last year's League, apart from Vicki Merrick's overall individual title, was the tremendous team spirit which resulted in overall finishing positions for four of our teams : there were none in 2011-12. With our current strength in numbers, and indeed in ability, there is no reason why we should not do even better this year, and I shall certainly be urging all of our runners to get their names down on the entry forms.

For those who are too young to participate in the WYL there is also the PECO league, which is a very friendly and relaxed introduction to competition : details will be available later.

On the training front we have been absolutely delighted with the way things have gone, a vindication of the decision to form a separate group for our older and more experienced runners.

Numbers at our Tuesday training sessions for the younger group have been consistently high and the enthusiasm has been matched by the progress made.

As for the older group one only has to look at their results to see how much they have improved : to have three of our youngsters (Vicki Merrick, Matthew Merrick and Emile Cairss) selected for Yorkshire in the Inter Counties, West Yorkshire in the English Schools and West Yorkshire in the London Mini-Marathon is something of which we can be very proud.

There have been other splendid achievements and many of these have been detailed in our interim reports or on Facebook : suffice it to say that there is much to make us optimistic for the coming season.

The Thursday evening session (at 7.30 rather than 7.00) has generally been well attended by a small group of our runners, though there so many races at this time of the year that numbers have been a little erratic. We are in the process of considering a change to this session, of which more later.

As I have said many times before (not too many, I hope!), I have always seen cross country as a team sport : obviously we have the runners first and foremost, and their successes have already been detailed, then the parents and supporters, and finally the coaches.

The support and encouragement we and all our runners have received from parents has been tremendous throughout the season, contributing in no small way to the overall spirit, and a feature of our Tuesday sessions has been the large number of parents who turn out regularly : we are most grateful to them for all their help and enthusiasm

On the coaching side I would like, on behalf of all our runners, to extend my sincere thanks to Martin Peace, John Merrick, David Potter, Graham Smith and Andy Nicoll for all their enthusiasm and wholehearted commitment.

Onwards and upwards!

Awards 2012/2013

Under 11 Girls 1st Kiran Bashir
Under 11 Boys 1st Joseph Carnelley 2nd Curtis Rhodes 3rd Jonathan Sutcliffe
Under 13 Girls 1st Victoria Merrick 2nd Lucy Shutt 3rd Anna Whitehead
Under 13 Boys 1st Matthew Merrick 2nd Joseph Treasure-Jones 3rd Alex Stewart
Under 15 Girls 1st Abigail White 2nd Katy Boden 3rd= Maia
Cameron 3rd= Bethan Johnston
Under 15 Boys 1st Emil Cairaess 2nd Luka Zenti 3rd Max Nicoll
Under 17 Women 1st Sarah Dewhurst
Under 17 Men 1st Gordon Weight 2nd Thomas Potter 3rd Daniel Smithurst
Under 20 Women 1st Jenna Killock

Trophy Winners

Top Male Competitor	Emile Cairaess
Top Female Competitor	Victoria Merrick
Best Team Player	Joseph Carnelley
Most Improved Athlete	Joseph Treasure-Jones