NOTTS AC – WOMENS ROAD AND CROSS COUNTRY REPORT

NOTTS AAA SUMMER LEAGUE – WORKSOP – 7 JULY 2010

Another good race for the Notts AC Ladies. A warm evening, with plenty of the course in the shade, thanks to the lovely surroundings of forest and country roads. It is great to welcome Kati Hope to our squad and if her performances continue as well as her debut, she will be an extremely welcome addition! The 'A' team have retained their pole position, despite losing Sarah Gaunt to injury. The vets have also remained in the bronze team position. Well done to everyone and a massive thanks to Laura for disc collecting – we hope that you are back to running soon.

Girls – you all know the last fixture is not far away and something would have to go very 'Pete Tong' for the 'A' team not to walk (or perhaps I should say 'run') away with some silverware. You have been fab – and put the men to shame!! Don't give up yet, we still have points to gain and need everyone's support. Well done to you all – you are a credit to the Club.

KATI HOPE	'A'	S	1	29.30
JO BIRTWISTLE	'A'	S	4	31.20
SARAH COSTIN	'A'	S	6	31.45
HEATHER LANGHAM	'B'	S	11	32.45
NATALIE CHANDLER	'B'	S	34	36.26
RACHEL ELLIS	'B'	S	62	39.04
RACHEL WHITAKER	'C'	S	89	41.43
ANGELA BROWN	'C'	S	91	42.08
JANINE BURTON	'C'	S	108	47.42
ALYSON WILE	'VETS'	V35	33	36.21
JULIE LAMBOURNE	'VETS'	V45	38	36.51
WENDY KANE	'VETS'	V40	52	38.10
PAT ALLEN	'VETS'	V60	107	47.15

Many thanks for the encouraging comments that I have received following this race – in particular to the athlete who has been inspired by everyone's form and wants to know which piece of silverware we are aiming for now! Well, that's the attitude we like!

Apologies to Pat Allen as I omitted her Erewash result from the last newsletter – it was not done on purpose! However, she finished 112th in a time of 52.52. Well done Pat.

NOTTS AAA SUMMER LEAGUE – TEVERSAL 12 AUGUST 2010

NOTTS AC LADIES ARE STARS!

The final race and again the ladies were out in force – in fact 14 runners. Despite having numerous injuries and holidays, I was concerned that we may not be that strong. Oh yea of little faith!! With such a great depth in our squad, we were always going to be a force to contend with. Even with Redhill arriving in a coach and putting out their best vets – there was still no way that they were going to get past the girls of Notts AC. A lovely evening for a run and the girls didn't disappoint. Well done to everyone who competed – you were all great and did really well. In particular thanks to those who agreed to run at the last minute – a special well done to Jenny Read and Lori Marshall – you both ran really well and should not be disappointed with your performance.

Overall the 'A' team (made up of Sarah Gaunt, Kati Hope, Jo Birtwistle, Jess Marriott, Sarah Costin, Heather Langham, Jenny Read) were league winners and the Vets team (Tracey Hallam, Alyson Wile, Julie Lambourne, Wendy Kane) took home bronze medals. Other results – 'B' team finished 8th, 'C' team finished 14th.

Best wishes for a speedy recovery go to Sarah Gaunt, Kati Hope, Pat Allen and Natalie Chandler.

Well done to everyone who has competed in these league fixtures – it has been fantastic to have so many girls out each month. I really hope that we can keep this up and win more silverware – road relays and North Mids Cross Country are both round the corner for the Notts girls to win!!

Many thanks to Laura for collecting the discs and for our great supporters – Carole and her crew, Trev, Laura and Fiona!!

Results were as follows:

JESS MARRIOTT	'A'	S	8	38.48
JENNY READ	'A'	S	12	39.41
HEATHER LANGHAM	'A'	S	14	39.50
LORI MARSHALL	'B'	U20	17	41.48

JULIA MURFITT	'B'	S	21	42.20
WENDY KANE	'B'	V40	55	46.31
RACHEL ELLIS	'C'	S	56	46.32
RACHEL WHITAKER	'C'	S	82	50.49
NATALIE CHANDLER	'C'	S	86	51.06
ANGELA BROWN	'D'	S	92	52.27
JANINE BURTON	'D'	S	97	53.49
TRACEY HALLAM	'VETS'	V40	18	41.55
ALYSON WILE	'VETS	V35	20	42.19
JULIE LAMBOURNE	'VETS'	V45	24	42.47

Again, very well done to everyone who has competed in the league this year. Keep up the running, this is just the start!!

On a slightly different note – congratulations to Jane Pidgeon who has broken the British record in the V45 steeplechase. Her time was 7.33.42.

Wendy Kane