

ATHLETICS

Stainland's delight at national success

STAINLAND Lions upset the form book after claiming a superb second place finish for West Yorkshire at the Cross Country National Final at Burton Upon Trent.

With only 20 runners available, Stainland were never the favourites. However, they showed true grit and only missed out on the title by 13 points.

The men were the dominant force with Ben Mounsey, Gay Mulholland and Adam Breaks streaking ahead of the pack on the undulating five mile course, Mounsey leading from start to finish to cross the line in a time of 29:14.

Mulholland was second in 29:55 and Breaks fourth in 30:35. Tristan Sheard was 12th in 33:07 and new Lion Phil Tucker was 18th in 33:49.

Dave Webb was the first Stainland Vet bhome in 30th (35:53), and Dave Hutchings was the final male counter in 39th (37:06).

Helen Hudson finished in a season best of 11th (43:00) to top the ladies times. Aileen Baldwin was seconds behind in 12th (43:04), and Julie Hollindrake rounded off an excellent individual performance to finish 17th (46:51).

The ladies team consisting of Angela Jordan, Mags Beaver and Jess Riley bagged the Gold ladies team prize at the Wilmslow half marathon.

Mark Pigford, Julie Field and Maria Harron also produced fine runs.

Leading the Lions home at the Thirsk 10 mile race was Sally Caton, building on her 10K Bradford time while Karl Martin, Martin O'Brien, Wendy Goodwin, Lesley Henderson, Judith Greenwood, and Julia Newsome all managed



Runners up: Stainland Lions are pictured after finishing second in the National Cross Country final in Staffordshire

personal bests.

Geoff Cumber of the Halifax Harriers AC also completed a storming run at Thirsk to finish runner up in the 60-64 year age category in a time of 1.05.27.

KARL Gray made a remarkable return to competitive fell running action with a thrilling victory at the Midgley Moor Fell Race.

Gray, who limits his racing following knee surgery last year, also broke the 11 year old course record in the process.

The race set out from Booth and climbs to the summit cairn of

Midgley Crow Hill within its first mile, by which stage the contest had developed into a three horse race between the striped vests of Gray, Alex Whittem and James Logue.

The race then crossed the moor to the nearby summit of Sheepstones before the long descent into Luddenden Dean. Previous record holder Steve Oldfield took a different line to the runners in front and ended up taking at least two minutes out of the runners who had reached the checkpoint before him, though there was still some ground to make up on the

breakaway three.

The long climb up the valley and traverse across the moor saw those four continue to run clear as they took the first four places in the race and with it secured first male, first V40, first V50 and first team for Calder Valley.

In the Ladies race, Helen Fines continued her domination with another win on home soil, but there was a very impressive run from Heather Gardner, who was second lady. Joanna Heyes' run was also good enough to secure the Calder ladies first team prizes.