

**CORNWALL COUNTY CROSS COUNTRY CHAMPIONSHIPS – SATURDAY 13<sup>TH</sup> DECEMBER 2008**  
**TREGORRICK PARK, ST AUSTELL**

Alan Rowling writes:

The quality of the individual performances was a feature at last weekend's Brooks Cornwall AA Cross Country Championships held at St Austell RFC, with five of the ten individual champions having worn an England International vest.

By far the most exciting race of the day was the titanic struggle over six miles of unrelenting mud between the Cornwall Athletic Club runners Ollie Shilston and Dave Buzza. In the early stages, a group of five, which also included Chris McQuillen-Wright (Newquay and Par Athletic Club), Matt Pullen (Cornwall Athletic Club) and the leading Under 20 runner, Matt Cleave (Cornwall Athletic Club) headed the field, before the fast pace had wittled the leaders down to just two. Running together for the entire race, a grandstand finish was anticipated and this is just what the spectators got, with super vet Buzza working hard to open a five metre gap on the final climb, before a rejuvenated Shilston made one final effort in the last fifty metres, passing his team mate on the line. McQuillen-Wright proved that little too strong for Pullen in the closing stages, clinching the bronze medal, with Cleave (5<sup>th</sup>), crossing the line seventeen seconds clear of Chris Dobson (Cornwall Athletic Club), to take the Under 20 title. A very strong Cornwall Athletic Club squad won the team event, with their 'B' and 'C' teams in second and third places.

The Senior Ladies race was dominated by the county's top two Under 20 runners, Katie Knowles (Bristol and West AC) and Bethany Alston, today running in the colours of Truro School. Katie, now home on holiday from her studies at Birmingham University, ran strongly and smoothly over the heavy going, finishing a very comfortable forty two seconds ahead of Bethany, with Lucy Kelvey (Newquay and Par Athletic Club) taking third spot, claiming both the Senior title and leading Newquay and Par Athletic Club to the first of their two team titles.

A trio of English Schools international cross country runners all showed good mid winter form, winning their respective titles with ease. Annabel Gummow (Penair School) proved to be the day's clearest winner in the Under 15 4.5 kilometre event, winning by sixty five seconds from April Hogg (Newquay and Par Athletic Club), who led her team to victory with Amy Sweet (3<sup>rd</sup>) and Melissa Blake Lomax (4<sup>th</sup>) providing close support. Dean Scott (Newquay and Par Athletic Club) controlled the Under 17 Men's race from the front, although the runner up James Waldie (Cornwall Athletic Club) continued his recent run of much improved form, finishing just twenty eight seconds behind Scott, with Jacob Landers (Plymouth Athletic Club) a distant third. Conor Robinson (Cornwall Athletic Club), who had a shock in his recent Westward League race, beating the East Cornwall Harrier Dan Nash by just one second, was clearly intent on showing his rival a clean pair of heels this time, setting off at a cracking pace and building an unassailable lead by the half way point, which he extended to thirty six seconds by the finish. Harry Allen (Penair School) had Nash in his sights all the way, running strongly to take third position. The team title went to Cornwall Athletic Club, with Tom Rawett (6<sup>th</sup>) inflicting a rare defeat on Callum Jones (7<sup>th</sup>).

In the Under 13 races two of the county's up and coming cross country stars, Charlotte Cayton-Smith (Newquay and Par Athletic Club) and Oscar Holdsworth (Truro School) were taking no prisoners, producing impressive winning performances, with Charlotte beating Melissa Kevern (Cornwall Athletic Club) by twenty one seconds and Oscar beating Tom Rogers (East Cornwall Harriers) by exactly the same margin. A feature of both races was the strength shown by the Penair School team, who packed well to win both team titles, although a strong Newquay and Par trio finished second in the Girls race, just two points behind Penair.

Amy Rundle (Cornwall Athletic Club) took gold in her Under 17 race, completing the group of worthy county champions, with team mate Esme Kerton in second place, ahead of Olivia Ballard, who led Penair to their third team title of the day and the distinction of winning more team titles than any other competing club or school.

Once again these championships included Under 11 Development races, which again proved popular, attracting seventy six runners. Interestingly the ten championship races, collectively only attracted 124 runners! What happens to all those enthusiastic young runners, mainly entered by their primary schools, when they move to our secondary schools? As usual both races proved to be very competitive, with Lowenna Hawkey (Newquay and Par Athletic Club) and Sam Parham (East Cornwall Harriers) emerging victorious. Lowenna enjoyed a golden double, as Newquay and Par Athletic Club took the team honours, with St Michael's School, Helston leading the way in the Boy's race.

## KEY FOR CLUBS AND SCHOOLS

BC Bodmin College, BOL Bolitho School Penzance, BOS Boscastle School, BUR Burraton CP School, BW Bristol and West Athletic Club, CAC Cornwall Athletic Club, ECH East Cornwall Harriers, GOR Gorran School, HR Hayle Runners, MBH Mount's Bay Harriers, MITH Mithian School, NP Newquay and Par Athletic Club, PAC Plymouth Athletic Club, PEN Penair School Truro, POL Polwhele House School Truro, ROS Roselyon School, STMI St Michaels School Helston, STM St Mewan School, TPS Truro Preparatory School, TRE Treloweth School Redruth, TS Truro School, WS Warbstow School.

## RESULTS

**Senior and Under 20 Men:** 1 Ollie Shilston CAC 32.55, 2 Dave Buzza CAC (V40) 32.56, 3 Chris McQuillen-Wright NP 33.39, 4 Matt Pullen CAC 33.48, 5 Matt Cleave CAC (U20) 34.07, 6 Chris Dobson CAC (U20) 34.24, 7 Ryan Cleave CAC (U20) 34.56, 8 Pete Ellis HR 35.07, 9 Tony Dunn CAC (V40) 35.36, 10 John Telford CAC (V50) 36.30. **Teams:** 1 Cornwall AC 'A' 12 points, 2 Cornwall AC 'B' 32 points, 3 Cornwall AC 'C' 56 points. **Under 17 Men:** 1 Dean Scott NP 20.38, 2 James Waldie CAC 21.06, 3 Jacob Landers PAC 22.17, 4 Sam Harry CAC 22.44, 5 Christian Townrow PEN 23.30, 6 Mark Budge ECH 23.44, 7 Liam Smith ECH 24.01. **Under 15 Boys:** 1 Conor Robinson CAC 16.19, 2 Dan Nash ECH 16.55, 3 Harry Allen PEN 17.10, 4 Gareth Smith BC 17.18, 5 Max Holdsworth TS 17.28, 6 Tom Rawet CAC 17.38, 7 Callum Jones CAC 18.03, 8 George Linaker NP 18.16, 9 Owen Morris ECH 18.37, 10 Hobie Martin NP 18.42. **Teams:** 1 Cornwall AC 14 points, 2 East Cornwall Harriers 26 points, 3 Newquay and Par AC 34 points. **Under 13 Boys:** 1 Oscar Holdsworth TS 12.06, 2 Tom Rogers ECH 12.27, 3 Sam Adams PEN 12.31, 4 Daniel Davis PEN 12.52, 5 Sam Hutchinson PEN 12.53, 6 Sam Lane de Courtin PAC 12.54, 7 Ben Parham ECH 12.55, 8 George Clark POL 13.00, 9 Alistair Tamblyn ECH 13.02, 10 Todd Mitchell MBH 13.04. **Teams:** 1 Penair School 12 points, 2 East Cornwall Harriers 18 points, 3 Mount's Bay Harriers 34 points.

**Senior and Under 20 Ladies:** 1 Katie Knowles BW (U20) 22.52, 2 Bethany Alston TS (U20) 23.34, 3 Lucy Kelvey NP 23.50, 4 Emma Stallard (V35) CAC 24.09, 5 Caroline Steven NP (V40) 24.27, 6 Sharon Daw ECH (V40) 25.04. **Teams:** 1 Newquay and Par AC 15 points. **Under 17 Women:** 1 Amy Rundle CAC 25.52, 2 Esme Kerton CAC 26.38, 3 Olivia Ballard PEN 27.05, 4 Katy Parry PEN 27.24, 5 Ellie Starr BOL 28.15, 6 Philippa Brett NP 29.36, 7 Eleanor Parkin PEN 30.10. **Teams:** 1 Penair School 14 points. **Under 15 Girls:** 1 Annabel Gummow PEN 17.41, 2 April Hogg NP 18.46, 3 Amy Sweet NP 19.54, 4 Melissa Blake Lomax NP 20.06, 5 Dulcie Atkinson PEN 20.22, 6 Ailsa Sharrock NP 20.29, 7 Megan Davis PEN 20.42, 8 Tegan Edwards PEN 21.04, 9 Jessica Behennah ECH 21.29, 10 Anna Ashbridge CAC 21.36. **Teams:** 1 Newquay and Par AC 9 points, 2 Penair School 13 points. **Under 13 Girls:** 1 Charlotte Cayton-Smith NP 13.02, 2 Melissa Kevern TS 13.23, 3 Finlay Bray PEN 13.40, 4 Zoe Fisher PEN 13.48, 5 Yvonne Chart TS 14.07, 6 Katie Yeomans NP 14.13, 7 Hannah Davis PEN 14.19, 8 Emily Whitchurch NP 14.32, 9 Olivia Maskell MBH 14.36, 10 Jake Carley MBH 14.40. **Teams:** 1 Penair School 14 points, 2 Newquay and Par AC 16 points, 3 Truro School 18 points.

**Development Races: Under 11 Girls:** 1 Lowenna Hawkey NP 8.06, 2 Diana Chalmers NP 8.14, 3 Franchesca Waters MITH 8.35, 4 Emma Morley NP 8.45, 5 Leisha Bond WS 8.51, 6 Isabel Semple GOR 8.51, 7 Zoe Knowles TRE 9.15, 8 Jade Boukler BOS 9.23, 9 Janna Holmes MITH 9.36, 10 Georgina Ashby CAC 9.38. **Teams:** 1 Newquay and Par AC, 2 Burraton CP School, 3 St Mchaels School Helston. **Under 11 Boys:** 1 Sam Parham ECH 7.57, 2 Frankie Aldred ROS 8.06, 3 Josh Dray NP 8.08, 4 Joshua Nesbett STM 8.15, 5 Wade Toy STMI 8.18, 6 Saul Fairman POL 8.19, 7 Ross Reeve NP 8.24, 8 Dan Woodley BUR 8.30, 9 Will Bunning BUR 8.32, 10 Daniel Hubble TPS 8.33. **Teams:** 1 St Michaels School Helston, 2 Polwhele House School Truro, 3 Mevagissey School.