

West Cheshire AC Endurance Competition 2014

Thanks to all who have embraced the points competition this year and made the first 3 positions male and female competitive until the end of the year.

Congratulations to the first 3 men and women who receive awards at the West Cheshire AC presentation evening on Friday 13th February. The two winners will be presented with the perpetual trophies which they keep for 12 months, then return.

The men's competition was very close all year with the lead changing several times. It was only in December that the eventual winner, David Alexander, got his nose in front of Andrew Clague, who had a quietish start to the year but came through in the summer. Peter Smith had his ups and downs but eventually made third place. Bob Freeman who won in 2013 started the year well, but an injury for several months pushed him back and the gap proved too large on his return to racing towards the end of the year.

As last year, the women's competition was won by a large margin by Kate Jayden who carried on with her multiple marathons. In September she ran a marathon on each of 11 consecutive days, the last few being in increasingly faster times. A short time later she achieved one of her targets for the year when breaking 4 hours for the marathon distance.

There was an intense battle for the other awards in the women's competition, with Ellie Robinson eventually taking second in front of Anest Muller. For a considerable period of the year a new recruit to the club, Rosemary Rogers, was in second place, but injury in early October kept her out of action for several weeks and she finished the year in 4th place. However, Rosemary broke the Cheshire age group record for her age at 5 different distances : 5K, 5 miles, 10K, 10 miles and the half-marathon.

My annual gripe is unfortunately repeated – the lack of participation in cross country, particularly by the men where only 8 of the 58 men listed took part in 2014. West Cheshire AC join several CC leagues to enable you to take part in what is held to be a very important part of endurance running development . Our youngsters, with the encouragement of the endurance coaches, are increasingly competing in this discipline – and gaining awards. One of our men (the competition winner) gained yet another county vest to represent Cheshire in the annual Inter-Counties competition. Dave Alexander along with his colleague Dave Hough, also picked up age group awards in cross country leagues. If they can do it, so can some more of you.

In contrast it has been very rewarding to see several of our ladies take part in track races (3km). In particular, congratulations to Ellie Robinson for breaking her best at the distance 3 times during the summer, the last two times on consecutive days!

Best wishes for 2015 – I hope to be collecting more results from you this year.

John Driscoll