

Cross Country Season 2007-8

The Garstang Running Club Men's Cross-Country Team approached the 2007-8 season with a certain amount of trepidation. Of the regular runners, 2 had moved away from the area and 2 had new jobs which meant they were unavailable for the regular winter Saturday afternoon gruelling mud-fest. However, the fears were unfounded and we welcomed 4 new runners to the team as the season progressed. These were Craig Menzies, who joined us early in the season and whose enthusiasm seemed to know no bounds, Martin Knowles, Phill Dixon and Graham Tagg.

As before, the teams competed in the Mid-Lancashire Cross-Country League and the Lancashire County Championship. The 6 Mid-Lancashire races took place at a variety of locations. In previous years, the definition of Mid-Lancashire had been stretched to the limits of one's imagination and has encompassed much of the north west of England, but this season all except one were based in Lancashire. The exception was Liverpool.

Both the Senior and Veteran 40 mens' teams performed solidly in their new divisions, the senior men finishing 3rd in Division 3 and the veteran 40 men finishing 4th in Division 2. We managed to field a full Senior Men's team in 5 of the 6 league races with the best 4 results to count, and a Veteran 40 men's team in 4 league races.

Individual results also have been impressive. A total of about 450 men competed in races during the season but to be classified in the individual results, competitors had to complete at least 4 races with the best 4 results to count.

Overall, 28 senior men (under 40 years old) completed at least 4 races and Phill Cornall finished 21st, Craig Menzies 23rd and Richard Jones 27th. 48 men counted for the Veteran 40 class and Mike Whyatt overcame between-season injuries to finish a strong 3rd overall. Geoff Lyons finished 31st. Getting into the golden oldies, 42 men counted in the Veteran 50 class and Tony Pritchard (Captain) finished 15th. In the Veteran 60 class, Geoff Lund finished 5th out of 16. Martin Knowles, Phill Dixon and Graham Tagg didn't compete in enough races to count in the individual competition but made significant contributions to the teams' performances.

Club members have competed in every race and we had 9 members out for the last race at Witton Park in Blackburn. Let's hope this trend continues next season. Also, the ladies have a new team captain, Phillipa Olive, who is keen to re-start the ladies' participation in the league.

Garstang Running Club prides itself on catering for those who run for pleasure as well as those who want to run competitively. Anybody who wants to give it a go, no matter how good you are, is welcome. Interested? Then come along to our Tuesday and Thursday meetings at 1900 hrs at the Garstang Outdoor Sports and Social Club and give it a go.