

North Midlands Cross Country League – Eaton Park, Derby – 10 October 2009

City Of Stoke AC kicked off the cross country season with some fantastic performances, proving great aptitude for the season ahead. The North Midland cross country league was held at Markeaton Park- Derby on Saturday 10th October where the middle distance girls put there stamp on the ground producing some outstanding individual and team efforts.

In the under 13 girls category some of the new faces to the club were given their chance to shine. Emelia Berrisford and Tasha Stone finished 12th and 13th respectively at their first year in the competition. However the best performer in this age group came from Lucy Holt. Holt led the race from the gun, increasing the gap with every climb. By the second lap she continued to run with confidence and had pulled well away from the field taking a remarkable gold. Natasha Clowes and Jessica Heath also showed promise for the season when they crossed the line in 9th and 10th place, allowing the team to bring home silver.

Meanwhile in the under 15's group Sarah Lovewell turned out an impressive run to lead the team into fourth place.

Ever present Clare Booker was the only senior competitor for the club. In spite of this she gave a strong performance to finish in a reputable 11th place.

All eyes were on Katie Holt in the under 17's where she dominated all of the female opposition. Not only did she secure first place in the girls race, Holt turned out her trademark style of performance to take second overall when she outclassed the under 15 boys. Sammey Jo Daley Davies was not far behind in 8th place helping the team to take silver place to Mansfield.

Coach Alan Morris who was there supporting the girls on the day said: "There has been a whole host of good performances today, particularly from Katie and Lucy Holt. Morris continued: "All of the athletes showed commitment and determination and this is a great start to a long and hard season ahead."

Heather Holt



Under 13 girls in action



Under 15 girls