

## CAU Inter Counties Championships 2011

The 2011 CAU Inter Counties championships returned to Cofton Park Birmingham and over 3000 of the best runners from across the UK contested the 10 age group races.

Fifteen West Suffolk AC runners were selected to represent Suffolk in this prestigious event.

Race distances ranged from 3,000m for U13 girls to 12,000m for Senior men. The weather was cool but dry. Underfoot conditions were generally good with one significant muddy section and this produced race times, on average, 4 seconds per kilometre slower than last year.

Sophie Tooley finished her cross country season with a superb run. After a disappointing race at the English National championships she bounced back to an impressive 25<sup>th</sup> in 11:59 and leading home the Suffolk team. As a bottom year in the age group Sophie can look forward to challenging for a medal next year.

Beth Tooley received a last minute call up to the Suffolk team in U15 girls and after a conservative start picked up places in the latter to stages to finish 269<sup>th</sup>.

Holly Archer, primarily an 800m specialist was another West Suffolk AC runner to lead the Suffolk team in a solid 87<sup>th</sup> in U17 women. Justine Anthony continued her improved form with a respectable 180<sup>th</sup>.

Emily Baker showed arguably the biggest improvement over last year. Competing in the U20 womens event Emily was over two and a half minutes faster in 85<sup>th</sup>, clocking 26:23 for the 6,000m on a slower course.

Ben Eames in U13 boys improved by 28 seconds on last year clocking 11:46 for the 3,000m course and resulting in an excellent 119<sup>th</sup> and 2<sup>nd</sup> Suffolk runner from over 300 finishers.

Cameron McKie led home a trio of West Suffolk AC athletes in U15 boys with a solid 88<sup>th</sup>. Michael Bartram was pleased with his 178<sup>th</sup> in contrast to Seb Anthony who was very disappointed with his, below par performance in 212<sup>th</sup>. All three are bottom year in the age group and so can look forward to much higher finishes next year.

Simon Dawson was first Suffolk finisher in U17 men placing 70<sup>th</sup> and clocking 20:32 for the 6,000m. Mac Delo, bottom year in the age group, was unfortunate to fall in the rush from the gun and was badly spiked. Despite this he picked himself up and from almost the back of the 300 strong field forced his way up to an excellent 107<sup>th</sup> in 20:55 at the finish. Adam Cripps continues to improve and can be pleased with 226<sup>th</sup> in 22:21.

Another athlete to save their best performance for this event was Alex Dunbar. After struggling in the deep mud of Alton Towers at the English National, Alex produced a superb controlled run over the 8,000m course in U20 men. Around 30<sup>th</sup> early on, Alex moved up as the race progressed, picking off runners one by one to finish 14<sup>th</sup> and first Suffolk runner clocking 26:38. Dominic Thackery, with another year in the age group should improve on his solid 109<sup>th</sup> this year.

Veteran Colin Ridley yet again made the Suffolk Senior mens team and produced a measured run to finish 244<sup>th</sup> recording 42:54 for the 12,000m course.

Many of the younger West Suffolk AC athletes will now conclude their cross country season representing Suffolk schools in the English Schools championships on 19<sup>th</sup> March.