

Cornwall Schools Cross Country Championships

Truro School Saturday 22nd

The sun shone on a successful Cornwall Schools Cross Country Championships at Truro School last Saturday, with almost two hundred and eighty runners taking part in the busy eight race programme.

Much interest surrounded the first race of the day, which featured the 'find of the season', Izzy Steele (Falmouth School). Having already won the Cornwall AA and the South West AA Under 15 titles, Izzy lined up in the four kilometre combined Intermediate and Senior Girls race and was soon contesting the lead with the top Senior runner, April Hogg (Newquay Tretherras). By half way the Falmouth schoolgirl eased into the lead and her economical, relaxed running style soon took her well clear of her pursuers, as she crossed the line one minute clear of the Senior champion, April and one minute forty seconds ahead of the Intermediate runner up, Amy Sweet (Penrice Community College).

The Boys combined Senior and Intermediate race, over 5.8 kilometres, also had a look of class about it, with the Senior runner, Dan Nash (Liskeard School), sprinting into the lead and opening a forty metre gap over the top ranked Intermediate Hobie Martin (Newquay Tretherras School). Nash's lead was short lived, as Martin, who won the Under 17 race in the previous weekend's McCain's Cardiff Cross Challenge, joined Nash and seemed content to run alongside the Liskeard athlete until the pair were well into their final circuit, when Martin stepped on the accelerator, leaving Nash in his wake, as he built up a sixteen second winning lead in the final kilometre. The Helston School Intermediate runners, Callum Jones and Andy Worden finished second and third respectively.

There were no surprises in the Junior Girls and Boys races, with both pre-race favourites claiming their respective county titles. In the Girls event, Charlotte Cayton-Smith (Newquay Tretherras School) shot into the lead, controlling the race from gun to tape and winning by a comfortable sixteen second margin. The real battle was the scrap for second place between two Truro schoolgirls, Yvonne Chart and Chessie Waters. Both ran sensibly paced races, never out of the top six, with Yvonne gradually moving through to second place before being joined by team mate Chessie. Still locked together as the finish approached, Yvonne's faster sprint settled the issue, inching ahead of Chessie, claiming the runner's up spot by one second.

Oscar Holdsworth (Truro School) enjoyed the hard frost bitten underfoot conditions cruising around the Junior Boys four kilometre course, winning by fifteen seconds, with Danny Old (Newquay Treviglas College) making a successful challenge for the runner's up spot, ahead of Sam LaneDe Courtin (Callington Community College) who finished third.

Once again the Year 7 races attracted the largest fields of the day, with one hundred and thirteen runners taking part in the events but why do so many of these youngsters fail to remain in the sport after a year or two? In the Boys race, Sam Parham (Callington Community College) was one of the days clearest winners and his thirty seven seconds margin of victory over Saul Fairman (Polwehele House School) was all the more remarkable as these youngsters were racing over a relatively short three kilometre circuit.

In the equivalent Girls race Emma Morley became the third county champion from Newquay Tretherras School, although she did not have things all her own way, sprinting home four seconds clear of Lily England (Bodmin College), with another Newquay Tretherras runner, Abby Cayton-Smith, in third place.

The successful day for Newquay Tretherras School continued in the team competitions, with three of the seven titles, Intermediate Boys, Junior Girls and Year 7 Girls, making their way to Newquay. Truro School won both the Year 7 and Junior Boys, with Penair School (Intermediate Girls and Liskeard School (Senior Boys) completing the elite group of team winners.

KEY FOR SCHOOLS

BOD Bodmin College, CAL Callington Community College, FAL Falmouth School, HD Humphry Davy School, HEL Helston School, LISK Liskeard School, MB Mounts Bay School, NT Newquay Tretherras School, PEN Penair School, PER Penrice Community College, POL Polwhele House School, PSC Penryn Sports College, TC Truro College, THS Truro High School, TREV Newquay Treviglas College, TS Truro School, WADE Wadebridge School.

RESULTS

Senior Boys: 1 Dan Nash LISK 19.06, 2 Mark Budge LISK 21.21, 3 Steven Sims LISK 21.42, 4 Harry Preston TC 21.51, 5 Max Holdsworth TS 21.52, 6 Sam Davies TC 21.53. **Teams:** 1 Liskeard School 6 points, 2 Truro College 17 points, 3 Truro School 25 points. **Intermediate Boys:** 1 Hobie Martin NT 18.50, 2 Callum Jones HEL 20.11, 3 Andrew Worden HEL 20.43, 4 Tom Rawet PSC 20.52, 5 Sam Heslop-George FAL 21.04, 6 Kieran Rowe PER 21.33. **Teams:** 1 Newquay Tretherras School 18 points, 2 Truro School 47 points, 3 Saltash School 79 points. **Junior Boys:** 1 Oscar Holdsworth TS 13.58, 2 Danny Old TREV 14.13, 3 Sam Lane De Courtin CAL 14.31, 4 Ben Parnham CAL 14.44, 5 Jacob Wood HD 14.49, 6 Sam Adams PEN 14.58. **Teams:** 1 Truro School 50 points, 2 Penair School 62 points, 3 Callington Community College 68 points. **Year 7 Boys:** 1 Sam Parnham CAL 10.20, 2 Saul Fairman POL 10.57, 3 Will Bunning SALT 11.10, 4 Max Caddy MB 11.12, 5 Dan Woodley SALT 11.23, 6 Brodie Kemp PEN 11.24. (Under 11: 3rd finisher Bertie Holdsworth 11.01, 6th finisher Thomas Fisher 11.16) **Teams:** 1 Truro School 47 points, 2 Saltash School 48 points, 3 Callington Community College 53 points.

Senior Girls: 1 April Hogg NT 15.25, 2 Caitlin Mulroy TC 18.27, 3 Charlotte Williamson THS 20.15, 4 Dakota Brown SAL 22.28, 5 Ellie Parkin TC 24.42. **Intermediate Girls:** 1 Izzy Steele FAL 14.24, 2 Amy Sweet PER 16.04, 3 Olivia Connell TS 16.09, 4 Dulcie Atkinson PEN 16.14, 5 Natasha Ffrench-Constant TS 16.16, 6 Zoe Fisher PEN 16.24. **Teams:** 1 Penair School 18 points, 2 Truro School 23 points, 3 Newquay Tretherras School 41 points. **Junior Girls:** 1 Charlotte Cayton-Smith NT 14.00, 2 Yvonne Chart TS 14.16, 3 Chessie Waters TS 14.17, 4 Harriet Lord THS 14.22, 5 Georgia Timson NT 14.23, 6 Molly Long WADE 14.24. **Teams:** 1 Newquay Tretherras School 26 points, 2 Truro School 39 points, 3 Truro High School 71 points. **Year 7 Girls:** 1 Emma Morley NT 8.17, 2 Lily England BOD 8.21, 3 Abby Cayton-Smith NT 8.26, 4 Alexandra Maskell TS 8.50, 5 Kitty Rowls TS 9.03, 6 Yo Yo Barnsley THS 9.07. **Teams:** 1 Newquay Tretherras School 38 points, 2 Truro School 44 points, 3 Truro High School 95 points.