



The Saucony National Cross Country Championships 2011

Alton Towers, Staffordshire, on Saturday 19th February 2011 at 11.00 am

SILSON JOGGERS TAKE ON THE NATION (and some mud)

Congratulations to everyone on great performances today and a word of advice.....if Simon says that a course is "less hilly than Wing" or Allan says that "this mud won't stick".....then don't believe either of them.

Having distributed most of Staffordshire in the form of dried mud over my hall, stairs, bathroom, shower etc, I thought I'd e-mail these mementos (thanks to Graham and Ellie for being the photographers).

Thanks also to Graham and Tony for driving and supporting.

At the risk of reminding everyone, the course is shown here (no mention of the mud or the hills on this nice, simple diagram for some reason).

Men's results (1 small and 2 large laps (approx 10k)

365	45:20	Simon (don't listen to him ever again)
628	49:21	Kevin
673	50:03	Jim
905	54:14	Trevor
1053	58:26	Paul
1071	58:48	Tony
1216	1:05:10	Brian (now officially retired)
1271	1:11:27	Allan (resident geologist)

There were 1302 finishers.

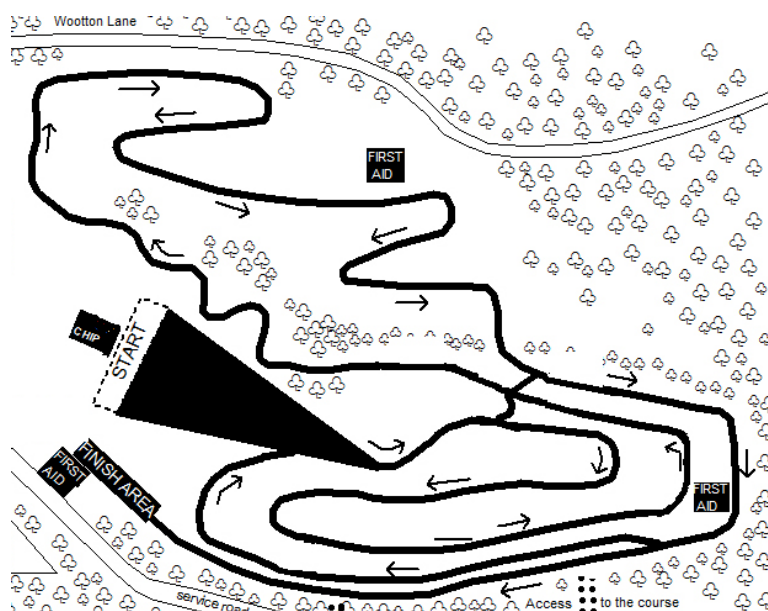
Overall the team came 66th.

Ladies Results (3 small laps, approx 6k)

398	36:20	Sue
430	37:27	Maddie
449	38:28	Mel
485	40:31	Ellie

There were 552 finishers.

Overall the team bettered the men and came 60th.



See more memories of Alton Towers overleaf



ENGLAND ATHLETICS

English Cross Country Association



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A clean Allan "It's a different type of mud to Wing" Lock



"Where's his foot gone?"



Jim



Trevor



The Comeback Kid



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The Ladies – Ellie, Mel, Maddie and Sue

