

Sportshall – Birmingham – January 2012

KANE Densley took individual first place as he bagged two gold and a silver medal in the January round of the Birmingham Sportshall League. Competing in the under-15s section, the Tamworth AC star won the four-lap race in 51.7secs. He then broke the league record for the under-15s speed bounce with 92 in 30secs. Densley came second in the standing long jump with 2.28m, to finish first overall in the under-15s section.

As a team, Tamworth under-15s finished second overall on the night. They were helped by Conor Johnson, who competed in long jump and shot. Sam Firkins was second in the shot, and also did long jump. Ross Graham, who also competed in 4 lap, shot and triple jump, helped the 4 x 2 relay team to second place. Tamworth's under-15 girls were led by individual first place star Chloe Williams, who was in the top three in all her events; the two lap run, long jump and speed bounce. Georgia Deegan's displays in the two-lap run, vertical jump and speed bounce were valuable to the team. Jessica Coleman competed in 2 lap, vertical jump and speed bounce, while Alysha Neville produced performances for the team.

Tamworth's under 13 boys finished a good second overall on the night. Their top performer was Thomas Randolph who won his six lap race, finished second in the shot and was first equal in his speed bounce with 70 in 30secs. Jay Deegan and Jack Crockett also performed well, while Luke James won the vertical jump and was third in the triple jump. Luke and Daniel James were second in the 8 lap paarlauf, and also helped win the 4x2 relay with Randolph and Crockett.

Isabelle Neville was the pick of the girl's under-13s, with first place in the speed bounce and third in the four lap run. Charlotte Barnard was second in her four lap run and scored good points in the vertical and long jumps. Alice Mellor was runner-up in the six lap race. Rhianna Child ran a good two lap race and also performed well in triple jump and shot. The girls were third in the circuit relay and second in the 4x2 lap relay. The under-11 teams were slightly depleted with the boys only fielding three athletes, but they made up for it with their performances. Lewis Johnson won the long jump and was equal first in the chest push. He was also part of the 2x2 lap relay winning team, with Olly Barnard. Ben Child also ran well in his one lap race and performed well in the speed bounce.

The under-11 girls came second overall. Omolola Ogunnowo was second in the one lap race and third in the long jump. Lauren Swindell, Ellie Turner, Charlotte Bush, Sian Lewis, Emily Rumboud, Maisie Cottan, Iona Crameri and Erin Bush also gained valuable points.

County Cross Country Championships – Saturday 7th January 2012

Ellis Cross took first place in the under 15 age category of the Staffordshire Cross Country Championships. Cross completed the 4.1km course a full 33 seconds ahead of second place Cameron Shankly of Birchfield Harriers, in a blistering time of 13mins 31secs and a minute and a half in front of 3rd place Liam Baggley from City of Stoke AC.

At the same event, two Tamworth athletes, Thomas Randolph and Jonathon West finished a fantastic 4th and 5th respectively in the under 13 boy's category over a 3.4km course hosted by Tipton Harriers.

Andy Wright donned his Tamworth Athletics club vest in the Warwickshire cross country championships on Saturday 7th January. The course was set over 10 km of the Solihull area. Out of a field of 119 Wright managed an impressive 13 in the masters category and 32nd in the overall men's category out of a total of 179 competitors.

Keeping it in the family, Imogen Wright also competed in the event. Imogen is an under 13 and the course set was 3 km. Imogen finished in just over 15 minutes giving her a position of 30th.

Greg Richards