

**Intercounties Cross Country Championships
Wollaton Park Nottingham 7 Mar 2009
Senior mens report by Tom Kenderdine**

Probably the highest standard race most of us will compete in all year, as you have to qualify through your local county races, which were held earlier this year.

Everyone who races, has earned their place to represent their county!!!

So the standard is indeed high. We even get to be televised on sky sports 3!!!

The venue is usually Wollaton Park in Nottingham.

The course I believe is worthy of holding the Nationals, if not the world cross champs!!!

At the start, we gather in our selected pens, awaiting the sound of the horn, before ascending the steep bank which swoops around the front of the majestic Wollaton Hall.

We start in order of where we finished in the county race, which put me in 5th pos.

The horn sounded, and we were released upon the land.

A rapid start as expected soon saw the field begin to break. I could just see a few Worcestershire vests up in front, I needed to latch on!!

It soon settled into steady flow. I seemed to be struggling a bit today, but hoping I will run through any tiredness.

This didn't seem to happen. Bill drew level with me for a while, but was unable to match the power of the Nock. I could see Dom up in front, I so wanted to beat him today.

As the race continued my legs got heavier and heavier. At one time i was bridging the gap on Dom, but this was to be short lived.

Up in front, Kesser was flying, what a season this boy is having!!! Ed Lumley from Worcester also seemed to be performing really well.

I was treading water, going no where fast. Each time a runner went by it ate away at my confidence, and slowly destroyed me!!!

I came into the finish a wounded man, after going through heavy sniper fire!!!

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Worcestershire overall ran well, outstanding performances by all the team members of both male and female of all ages.

Its a proud moment to wear the Worcestershire vest!!

Whether you have an absolute flyer of a race or total disaster of a run, its a great day out!!!

IT'S THE NATURE OF RUNNING MY FRIENDS!!!!!!!!!!!!!!

Regards
Tommy k