

National Cross Country Championships 2004

Barnsley AC star Jilly Ingman ran a superb race to take 11th place out of 464 finishers in the English National Cross Country Championships at Temple Newsam, Leeds last weekend.

Her excellent placing over the tough, undulating 8.1km course was even more significant as it was her first race after several months' absence from athletics due to a serious injury.

Twenty-five-year-old Jilly, of Royston, said: "I had hoped to be in the first 20, so I was delighted to make 11th."

Jilly's next outing will be in the Inter-Counties cross-country race in Nottingham.

Results of other members of Barnsley AC who took part in the race were as follows:

Men 12km: 411, J Broom 51-05, 734, D. Wallace 55-55; 950. M. Croft 59-23; 977, D. Cooper 60-02; 1045, D. Bennett 61-03; 1162 M. Hurrell 63-50. Team placed 96th.

Junior men 8km: 45, J. Boxell 34-24

Ladies 8km: J. Ingman 33-51; 314, L. Westlake 45-22; 321 M. Harrison 45-34

Under 15 boys 4km: 166, J. Chaplin 16-33; 169, J. Unwin 16-35; 171 J. Cookson 16-36