

Cradley Heath & Old Hill NSL

19 Jan 2012

Results

Long 8.5km

1	John Embrey	M50	HOC	0:54:00
2	Adrian Pickles	M50	AIRE	0:56:00

Medium 6.1km

1	Robert Vickers	M65	HOC	0:55:15
2	Kirsten Mitchell	W45	HOC	1:02:35
3	Mike Abbott	M55	HOC	1:03:00
4	Colin Spears	M70	HOC	1:06:50
5	Nigel Cousins	M55	HOC	1:09:20

Short 4.3km

1	Russ Faucet	M60	HOC	0:48:00
2	Colin Palmer	M65	HOC	0:52:00

Thanks to those who came for a run round some more Black Country streets on a showery evening. Last week's event took place in the old glass-making area; Old Hill and Cradley Heath were centres for nail and chain-making when much of the industry took place in backyard workshops.

In the valley below my house, the village centre of Old Hill has a fairly dense network of streets, which when combined with the more sprawling estates to the north provides some good potential for an NSL planner. The area is also sprinkled with accessible playing fields and other amenity land to provide route choice alternatives. The one downside is the long and uphill run-in required to get back to home.

When picking lampposts, I'd noted, where available, the bright new black-on-yellow numbers rather than the old, faded, stencilled numbers. Apologies for any confusion caused to runners not sure which one to write down, but you don't get extra points for spotting the old numbers by torchlight.

On Long, John pipped Adrian by two minutes. Medium saw some good competition with 2nd to 5th all within seven minutes, but Robert ran out a clear winner. And Short saw Russ take maximum points from Ledbury NSL planner (Wed 15 Feb, by the way) Colin.

Next time I host I expect the courses will venture south and east into the slightly leafier suburbs of Halesowen, from where downhill finishes will be easy to contrive but not necessarily guaranteed for all!

Peter Langmaid