Hi all

After the final fixture of this winters Kent cross country league series Blackheath and Bromley HAC girls reign supreme, winning team trophies in all age groups U13, U15, U17 and U 20. The boys, not wanting to be out done also won the U13 team trophy and were third in both the U15 and U17,

a fantastic set of results.

Swanley was the venue for this rearranged fixture after the Danson Park race was unusually cancelled back in November and the weather was dry but very cold.

The U13 girls were first to race and Imogen Meers had her highest finish, placing 5th, a second in front of Jessica Neal in 6th. Jess having run all four KL races finished a fine 4th in the overall league standings. Gracie Horton had her best run of the season finishing a great 10th place and giving her 8th overall in the league. Lily Tappenden went off in her usual determined fashion and crossed the line in 13th and having done all four races this year finished 7th overall in the league. Zoe Austridge also had her best and highest placed run of the season finishing 19th and giving herself a 18th finish overall.  Niamh Milmo was 22nd followed by two girls running their BBHAC debuts, Abigail Leaves crossing the line in 26th and just behind in 27th was Caitlin Prifti. All of these performances were  good enough to secure the Kent  team trophy for the U13 girls.

Rowan Fuss led the U13 boys home in the next race with a great run, making it three wins in three races. A well measured race from Peter Guy ensured his comfortable individual league victory (having performed well in all four races with 1st, 2nd, 2nd and 3rd finishes) and collecting a fine glass plaque for his efforts. Joseph Georgiadis bounced back from injury with a fine battling 5th place but twisted his ankle on the run in, hopefully with no lasting damage. Keir Lundy had a fantastic run in 8th, giving him a great 4th overall position having done all four races. Ever improving Leo Braden finished a fine 14th, his highest finish of the season. Consistent Robert Suckling had another great run in 17th leaving him with a high 7th place in the overall league. Cameron Swatton had his best run of the season in 18th and has improved in every race seeing him sitting in 10th place in the overall individual league.

Ben Gardiner had another difficult day this time losing his spike early on but persevered (one footed) to finish 28th, still a respectable result. As with the U13 girls the boys efforts were enough to comfortably take the team title having convincingly won all four fixtures.

The U15 girls only had four athletes running but were still able to maintain their 100% record to retain the team trophy. Yasmin Austridge was a great second to Tonbridge’s Kathleen Faes (winner of all four fixtures) Yasmin’s highest finish, also winning her the silver glass plaque in the overall individual league. Millie Smith continued her fine consistent season with a great 4th place on the day and fantastic to see her winning the bronze glass plaque in the overall individual league. Genny Allen had a strong run finishing 5th and Amy Leach, having her best run of the season in 12th, also finish high up in the overall league with a 10th place finish. Great strength and depth from the U15 girls.

Good numbers from the U15 boys saw them secure fourth place on the day but third team overall for the season. Coleman Corry back to his fine form finished a strong 9th, Oscar Hussey was a great 17th, Frankie Scrivener was 27th and having done all four races saw him well up the individual league in 17th place. Callum Myatt finished well in 30th followed closely by George Pope in 32nd. George having done all four ended the season a great 13th place in the individual league. Charlie Andrews had a fine 34th finish with Charlie Scrivener just behind in 36th. Charlie Scrivener ended the season well up the individual league in 24th. Lewis Warren completed the BBHAC contingent in 40th.

The U17 girls only fielded three girls but they all ran superbly to help them retain the team trophy. Kelsey Fuss, having recently missed a month of running ran strongly to finish second. Add this to her two other 1st and 3rd finishes, saw her convincingly win the overall individual league title, picking up a lovely glass plaque. Mary Guy was second home for the club and produced her best run of the season and her highest league finish with a fantastic 6th place. Her consistency this season saw her finish the season in a brilliant 5th on the individual league table. Charlotte Rhule also had a strong run and finished 9th on the day and was rewarded for her consistently high standard season with a bronze glass plaque for her overall individual standing, coming third.

The U17 boys had four toeing the line for their race and James Crawley was first home in 15th. James, having competed in all four fixtures finished well up the individual league in a great 12th place. Great to see Bertie Harrington getting involved in the action crossed the line in 16th and Will Pope, despite stomach cramp, finished 18th. Great also to see Scott Bulmer back racing for the club was 19th. The boys efforts gave them 3rd place on the day and third overall for the year but finishing with the same points as second placed Medway and Maidstone AC.

The BBHAC U20 girls have dominated all season and comfortably won the overall team trophy. On the day Anna Myers was first across the line, as she has been all season and so comfortably won the overall individual title. Sam Leighton was 2nd, adding this to two previous second places. Emma Rowland was 4th on the day and this along with her other three performances was good enough to win the bronze in the individual league. Sonia Woolhouse took a break from pole vaulting to finish 5th and Chloe Haffenden finished her KL campaign in 6th place but was rewarded with a fine 4th place on the individual league having competed in all four fixtures.

We had no U20 boys running in the U20 race as young Thomas Desborough and Richard Webb decided to run in the much further / tougher, bigger field of the senior mens race. All those still there witnessed a great race as our very own Olympian Scott Overall powered around the course as though on the flat, to win comfortably. This must have inspired many including Thomas as he had his best run of the season finishing a terrific 31st with Richard just in front  in 28th. Despite being still U20 Thomas finished 17th in the senior individual league standing for the whole season, the second highest Blackheath athlete. Well done Tom.

The managers awards this week go to Mary Guy for her highest place ever in a cross country race and to Coleman Corry for his great run at the front of the U15 boys race.

For yesterdays and the whole seasons results at the Kent league go to    [www.kcaa.org.uk/kent%20league%20results.htm](http://www.kcaa.org.uk/kent%20league%20results.htm)

The National Cross Country Championship at Parliament Hill on 21st February 2015 is the last Championship race for the club this winter so it would be fantastic to have everyone out competing. If we do I’m sure we can bring home some brilliant results and even maybe some silver ware.

Paul Austridge