Hi All

Blackheath and Bromley HAC had 14 athletes competing in this weekends British Athletics Inter Counties UK Cross Country Championships in Birmingham.

The best eight athletes in each county from England and the best from Scotland, Ireland and Wales are selected to compete over the testing course in Cofton Park, Birmingham.

The U13 boys supplied Kent with half of the team and saw another great run from Henry James Cowie, powering down the 80m finishing hill in a fantastic 4th place. Great runs from Dillon Robertson 32nd, Michael Eagling 35th and young Peter Guy in 39th helped Kent to a fine bronze team medal.

Will Fuller U17 continued his great season and showed what great form he is in coming home in a very respectable 16th place.

Jessica Sellar was our only U13 girl but had a great National Inter counties debut finishing in 102nd.

The U15 girls Kent team were once again dominated by BBHAC athletes having five girls in attendance. The starting pen in all races is always a busy area and some athletes can get away with great uninterrupted starts while others get caught in the bunch and have seemingly poor starts. Kelsey Fuss seemed to have a difficult start, getting caught in the masses but gradually fought her way through the top class field to finish a magnificent 8th place having her best run of the season. Naomi Kingston, having had a great English National two weeks ago continued her fine form crossing the line in a fantastic 11th place. Jessica Keen finishing in 23rd place helped secure Gold for the Kent team, with comfortable winner of the race Sabrina Sinha being the other Kent scorer. Yasmin Austridge finished her debut Inter counties in 30th with Georgina Taylor 56th completing the Blackheath & Bromley five.

Niamh Bridson Hubbard was the clubs only U17 girl running and continued her fine season finishing in 45th

Amber Reed travelled down from University to compete in the Senior woman race, for the first time and held her own, crossing the line in 158th.

Good to see Alex Bruce Littlewood back in England racing and showing he is in great form finishing 11th senior man in a top quality field.

Paul Austridge