Thirty eight Blackheath and Bromley HAC U13, U15 and U17 young athletes made the long journey to Sutton Coldfield, Birmingham for this years National Road Relays and finished the day winning gold and bronze medals and having recorded some magnificent results.

The National young athletes road relays attract over 1000 athletes so standards are always top class and our BBHAC U15 girls were top of the tree winning a terrific gold.

Naomi Kingston ran a superb first leg finishing 2nd (running the 4th fastest time of the day), handed over to Yasmin Austridge who did well to hold on to 4th position letting Katie Ann McDonald power back to lead the field, (running the 2nd fastest time of the day) and crossing the line some 12 seconds in front of the second placed team. A fantastic result.

Such is our strength in the U15 girls age group we were able to field strong B & C Teams.  The B team of Jenny Allen, Stephanie Taylor & Millie Smith were 27th and the C team of Jessica Sellar, Grace Scopes and Amy Leach were 38th.

The U13 boys also saw Peter Guy come home in second place on leg one (having run the 4th fastest leg of the day), Joseph Georgiadis then set about running a superb second leg (11th fastest of the day ) and opened up a massive lead over the rest of the field crossing the line in third giving Keir Lundy the difficult task of holding on to bronze medal position. Keir made this look easy with a fantastic leg bringing the team home nearly 40 seconds clear of the 4th team. A tremendous team performance.

The B team consisted of Ben Gardiner, Cameron Swatton & young Barnaby Corry guesting for the team and finished well in 39th.

The U17 team of Shannon Riskey, Kelsey Fuss and Jess Keene put together a great relay to finish a fine 9th place. Jess recorded the 5th fastest time of the day and Kelsey the 7th fastest.

The B team of Joanna Clowes, Mary Guy and Jenny Sheasby finished a fine 38th.

Francesca Pickup ran the first leg of our incomplete C team.

The boys U15 and U17 teams were made of boys in the first year of the age group and their finishing positions of 19th and 23rd respectively were a great achievement especially as all will still be racing in the same race next year.

Henry Cowie running in normal determined style brought the team home in 6th (11th fastest time of the day) and then Coleman Corry and Angus Harrington combined well to give the team a great 19th place. The U15 B team of Callum Myatt, Lewis Stickings and Harrison Parker crossed the line in 52nd.

The U17 boys team of Joss Barber, Marco Arcuri & Alex Wiltshire produced a respectable 23rd place finish.  Bertie Harrington running on his BBHAC debut ran a strong first leg in our incomplete B Team, good to have Bertie on board.

U13 girls had two complete teams and were tightly packed in 30th & 32nd place. The A team consisted of Lily Tappenden, Jessica Neal & Lauren Goddard, whilst the B team had first year in the age group Morgan Squibb, Zoe Austridge and Gracie Horton.

Blackheath's talent continues to shine on and off the course and as usual we were the best turned out team in the country with magnificent support from the President, coaches, parents and the tent and banners were once again resplendent!

Many thanks to Dave and Hannah Cordell and Norman Park Track Manager Ken Daniel for making our day comfortable and welcoming.

This year the winter team mangers (girls Andy Frankish & boys Paul Austridge) have two new initiatives, one being the appointment of winter team captains the other being team mangers performance of the day, awarded at each race.

We are happy to announce this years **Winter Team Captains** will be **Niamh Bridson Hubbard** and **Marco Arcuri,** both are great athletes and naturally give support to their team mates and are always willing to help out in any way.

This weekends Team Managers Awards go to ;

**Morgan Squibb,** in her first year in the U13 age group for a magnificent run over the 3.8k undulating course in Birmingham and recording the fastest BBHAC U13 girls time of the day.

**Joseph Georgiadis** for his outstanding leg in the Bronze medal winner U13 boys team.  Well done to both.

We are considering adding a 'Wally of the Day' award but with too many candidates this week, none will be awarded!!

The next cross country race is this Saturday 11th October at Swanley Park we hope to see you all there!