Hi all

Blackheath and Bromley HAC had twelve athletes selected to represent Kent or London schools in the English Schools Cross Country Championships at Donington Park, Leicestershire.

Despite the winters rainfall, the conditions under foot were dry but with long grass, uneven ground, a few undulations and a strong wind conditions were still tough.

With the top 8 places in each race qualifying to run for English schools in next weekends Schools International, competition was fierce.

In the junior girls races Naomi Kingston, running for London, had a strong run despite having her spike split apart at the start and finished in 17th place.

Yasmin Austridge finished well in the home straight placing 13th, tantalisingly only 9 seconds behind 8th qualifying position.

Millie Smith, still recovering from a virus crossed the line in her first English schools in 204th.

In the Junior boys race Henry James Cowie was third Kent scorer coming home in 71st followed by Jake Potter finishing in 144th.

We had no athletes in the intermediate boys race but had four in the intermediate girls race. Jessica Keene, having won her English school vests in this fixture last year finished in a great 19th place but frustratingly got caught in the first bottle neck on the course and lost ground.

Kelsey Fuss came through the field well crossing the line in 28th. Joanna Clowes, enjoying her first race for Kent finshed well in 266th and Mary Guy running for London was 290th.

All these girls will still be in this age group next year.

We had no representation in the senior woman race but did supply three of the eight man team in the senior race.

Will Fuller in his first year in the age group had his run of the season flying around the 3 lap course and finishing like a sprinter up the home straight crossing the line in 15th as Kent's first scorer.

Richard Webb also had his best run of the season, looking great throughout and like Will, finished with speed up the final straight.

Richard's 37th position ensured that Kent senior boys took the team trohpy.

Will Ruiz, in his last English schools XC had a gutsy run finishing 185th and seeing Will after you could tell he had put his all in to his race.

Kent once again proved how strong they are across all age groups with Kent boys finishing top of the team aggregates table and  the Kent girls finishing in 3rd place.

Paul