Hi All

The National cross country relays took place this weekend up in Mansfield and the Blackheath and Bromley boys and girls were again out in large numbers doing the club proud.

Most of the boys  had a difficult journey up to their hotel on the friday in the team minibus but were well feed on arrival, once they had deciphered the menu!

Because of the awful journey the boys had no time to use the hotel swimming pool, outdoor hot tub and gym facilities but I understand Yasmin was able to describe how good they were on more than one occasion!!

Trainee fireman Marco put all the guests at rest after the Hotel fire alarm sounded and then after a good nights sleep, a full english breakfast set them all up for the days racing on Saturday.

After a short journey to the course we were delighted to see our brand spanking new, doubled sized tent in prime position once again, thanks to the huge efforts of Hanna and Dave Cordell.

Dave had collected the tent from Bristol on Friday morning before driving back to Hayes, then enduring a nightmare journey up the motorway to Mansfield.

Dave had driven for over 12 hours all in the name of BBHAC. He did have a glass of cider after all his efforts.

However, their efforts didn't stop there, Hanna and Dave were up bright and early, first at the course to set up and last away once all packed up.

Not many of us verbalise it but we are all extremely grateful for Hanna and Dave's massive contribution they make to ensure our athletes are comfortable and best prepared the days events.

Out on the course the busiest age group for us was the U15 girls with three scoring teams. Naomi Kingston, Kelsey Fuss and Jessica Keene all ran superbly to win the bronze medal for the A team, a great achievement.

The girls B team were 5th B team overall as were the C  team 5th C team overall. Great strength in depth.

In the U13 boys Peter Guy, not sporting a new haircut this time but with new scar on his forehead, had a superb opening leg leading the whole field out. His time was 12th fastest of the day, a great run especially being 1st year in the age group and with over 100 boys racing. George Pope and Coleman Corry both recorded exactly the same time, to the second to bring the team home in a very respectable 13th place.

Henry Cowie, fresh and tanned having just flown in from sunny Cyprus had another strong run and recorded a top 30 time. His effort along with a great run from fast improving Callum Myatt and a determined run from Harrison Parker gave them an 8th B team finish. Another sign of our strength in depth.

The U17 boys gave us our highest placed boys team coming in a solid 12th place.

A great opening leg from Richard Webb, followed by the 14th quickest leg of the day (and fastest on leg 2) from Will Fuller and a confident final leg from Thomas Desborough completed the team, finishing just outside the top 10.  Jamie Gosnell was our sole runner in the B team but got stuck in on the very fast first leg.

The U15 trio of boys also finished with a top 20 placing. Joss Barber led the team out with our quickest leg of the day followed by the ever improving Marco Arcuri and Aleksander Wiltshire both having strong runs bringing the team home in 19th position. Will Pope had a fast leg in our incomplete B team.

It was great to see so many parents, grandparents and siblings making the huge efforts to get to Mansfield to not only support their children but to support all the Blackheath and Bromley athletes all over the course.

A special thank you to Geoff Webb who had the arduous task of driving all the boys to Mansfield in the minibus in what turned out to be terrible driving conditions.

Full results of all age groups can be found at [www.englishcrosscountry.co.uk/relays/2013-xc-relays-results-all-age-groups/](http://www.englishcrosscountry.co.uk/relays/2013-xc-relays-results-all-age-groups/)

Plenty of videos of all  the relays can be found at [www.athleticos.org](http://www.athleticos.org/)

Next fixture is this Saturday 9th November, Kent League at Nonnington, more info to follow

Regards

Paul Austridge