Hi all

Wormwood Scrubs doesn't instantly spring to mind as a classic cross country venue but the BBHAC youngsters proved once again that they can produce fantastic results wherever they run.

The majority of the squad made the 'not so straight forward' journey across London together, by train, two tubes, bus and by foot and surprisingly all 25 managed to stay together on both out going and return journey, just!!

The U17 girls trio were first off and started the day with a superb bronze medal finish. The team was Jessica Keene on 1st leg (with the 5th fastest run of the day), Charlotte Rhule on 2nd leg and Kelsey Fuss on anchor (running the 6th fastest run of the day).

The U17 boys were next off and were led out by team captain Marco Arcuri who ran a fantastic leg and brought the team home in 4th (running the 7th fastest leg of the day). Self-appointed deputy team captain Charlie Davis continued his great early season form running a fast leg 2 handing over in 5th to Alek Wiltshire, who took the opportunity to run a great leg 3 and see the team cross the line in superb 5th place.

Will pope led the incomplete B team out on leg 1.

The U13 girls had five young athletes running. Morgan Squibb ran a strong first leg for the A team handing over in 6th to Lily Tappenden who in turn in held onto 6th. Jessica Neal ran a determined last leg maintaining a 6th place finish.

The B team was incomplete but saw good runs from Isabelle Bridge (back from injury) and Zoe Austridge.

More medals were to come and the U13 boys, fresh from their National road relay bronze, led the way with Peter Guy on leg one handing over in first (having run the 2nd fastest leg of the day). Joseph Georgiadis had another strong run and passed to Ben Gardiner in 2nd. Ben on the last leg was up against some very strong boys and did well to finish in third winning a fantastic bronze for the team. Robert Suckling and Cameron Swatton made up two thirds of the B team and were well up the field and like the U13 girls it was a shame we could not field another U13 athlete to complete the teams.

The U15 girls National Road Relay Champions were up next and they didn't disappoint winning a fantastic silver medal behind a very strong Herne Hill team. First off was Yasmin Austridge (running the 7th fastest leg) handing over to Millie Smith in second place. Millie's strong run set Naomi Kingston (running the 6th fastest leg) up to bring the team home in second.

The B team were a great 13th overall (3rd B team) and this was due to fine legs from Jenny Allen on 1, Grace Scopes on 2 and Stephanie Taylor on last leg. Fantastic to have such great strength and depth.

The U15 boys were the last off and like the U15 girls we had two strong teams of three competing. Henry Cowie once again ran the first leg with real determination bringing the A team home in 3rd, Michael Eagling had a strong run holding onto 5th, handing over to Coleman Corry who held on for a fine 6th place. The B team were led out by a gutsy run from Callum Myatt, George Pope moved through the field handing over to Lewis Stickings in 19th which Lewis held onto. They were the 2nd B team to finish, again great strength and depth.

This weeks **Girls Team Managers Award goes to Yasmin Austridge**(chosen by Andy Frankish and not her Dad!) for a great first leg performance.

The **Boys Team Managers Award goes to Robert Sucking** (who narrowly missed out on Wally of the Day award) for yet another gutsy and determined performance.

Another contented for Wally of the Day award was Lewis stickings and the phantom oyster card loss. The slight hesitation this caused had the group split in two, half on the tube and half on the platform with the doors closing. If it wasn't for the hulk hand of Nick Swatton( Cameron's dad) forcing open the doors, the groups would have travelled home separately. Perhaps not a bad thing!!

Nine athletes went home with medals including Ben Gardiner who also went home with a shiner collected head butting a flying swing. Ben looked more like a boxing champ than an cross country athlete!

It was terrific to have loads of parents there supporting the youngsters (worryingly some seemed quite comfortable around the prison!)  Also great to see new member Katie Ann McDonald join her team mates for the journey home.

All these fantastic results set the squad up nicely for the National Cross Country relays in Mansfield on 1st November.