

SOUTHERN CROSS COUNTRY RELAY CHAMPIONSHIPS – Took place at Wormwood Scrubs, on a bright day, and a very firm course.

Our Young Athletes continued their excellent start to the season, with our dominant **Under 17 Men's** team producing yet another outstanding victory. The team of **HAMZA KADIR**, **GEORGE GROOM** and **ELLIOT DEE** ran away from the opposition to finish 1 minute 25 seconds ahead of Reading. Our **Under 13 Boys** team of **SAMUEL GREENSTEIN**, **LUCA STUBBS** and **DYLAN MICHEL** won a well-deserved Silver Medal, **Under 13 Girls** and **Under 17 Women** finished 5th, **Under 15 Boys** 8th and **Under 15 Girls** 14th.

Under 13 Girls – 3 x 2000m 5th (24.09) Leg 1 **SYDNEY ALLEN** (8.10), Leg 2 **AIM WEIGHTMAN** (7.55), Leg 3 **ELENA RONCARATI** (8.04), the fastest leg was by Maisie Collins of Herne Hill Harriers (7.22). Team result 1st Herne Hill Harriers (23.11), 2nd Chiltern Harriers (23.29), 3rd City of Norwich (23.34), **5th SBH (24.09)** - 28 teams finished.

Under 13 Boys – 3 x 2000m Won the Silver Medal (22.07) Leg 1 **SAMUEL GREENSTEIN** (7.29), Leg 2 **LUCA STUBBS** (Equal 9th fastest time of the race 7.19), Leg 3 **DYLAN MICHEL** (Equal 9th fastest time of the race 7.19), Incomplete team Leg 1 **LEO RONCARATI** (8.21), the fastest leg was by Jaden Kennedy of Herne Hill Harriers (6.48). Team result 1st Herne Hill Harriers (21.19), **2nd SBH (22.07)**, 3rd Poole (22.28) - 29 teams finished.

Under 15 Girls – 3 x 2000m 14th (23.54) Leg 1 **SCARLETT KENT** (8.14), Leg 2 **MIA GROOM** (8.02), Leg 3 **SOPHIA STAAB** (7.38), the fastest leg was by Charlotte Buckley of Thames Valley Harriers (7.13). Team result 1st City of Norwich (22.15), 2nd Walton (22.18), 3rd Thames Valley Harriers (22.37), **14th SBH (23.54)** - 36 teams finished.

Under 15 Boys – 3 x 2000m 'A' Team 8th (21.15) Leg 1 **MITTIO MOHAMAMMADIAN** (7.09), Leg 2 **FREDDIE SHIRET** (7.05), Leg 3 **DANIEL GREENSTEIN** (7.01), 'B' Team 17th (23.54) Leg 1 **MATTIE HARRIS** (7.29), Leg 2 **CONOR O'KEEFE** (8.22), Leg 3 **MATTHEW MCATEER** (8.03), the fastest leg was by Dominic McDougall of Windsor, Slough, Eton & Hounslow (6.26). Team result 1st Chiltern Harriers 'A' (20.29), 2nd Bracknell (20.44), 3rd Chiltern Harriers 'B' (20.49), **8th SBH 'A' (21.15)**, **5th SBH 'B' (23.54)** - 21 teams finished.

Under 17 Women – 3 x 2500m 5th (27.39) Leg 1 **LIDIA KYRIACOU** (10th fastest time of the race 8.50), Leg 2 **SARAH BUTLER** (8.58), Leg 3 **KAYLA MICHEL** (9.51), the fastest leg was by Kirsty Walker of Reading (8.12). Team result 1st Herne Hill Harriers (26.10), 2nd Reading (26.51), 3rd West Suffolk (27.02), **5th SBH (27.29)** - 12 teams finished.

Under 17 Men – 3 x 3000m Won the Gold Medal (30.46) Leg 1 **HAMZA KADIR** (The fastest time of the race 10.07), Leg 2 **GEORGE GROOM** (3rd fastest time of the race 10.22), Leg 3 **ELLIOT DEE** (2nd fastest time of the race 10.17), Incomplete team Leg 1 **JOE CHOTT** (11.36), Leg 2 **NATHHAN TADESSE** (12.20). Team result **1st SBH (30.46)**, 2nd Reading (32.11), 3rd Bracknell (32.37) - 16 teams finished.

Under 20 Men – 3 x 3000m Incomplete team Leg 1 **OLIVER GREENSTEIN** (12.16), Leg 2 **KHALID-ALI AHMED** (10.34), the fastest leg was by Will Perkin of Chiltern Harriers (10.16). Team result 1st Chiltern Harriers (31.30), 2nd Windsor, Slough, Eton & Hounslow (31.41), 3rd Bedford & County (32.22) - 4 teams finished.