

NATIONAL CROSS COUNTRY CHAMPIONSHIPS – Took place on Saturday 25 February at Woolaton Park, Nottingham.

Pride of place goes to the Senior Men with **RICHARD GOODMAN** claiming the Silver Medal, finishing just 15 seconds behind the winner **ANDY MAUD**. The Senior Men's team of **RICHARD GOODMAN, RICHARD HORTON, LUUK METSELAAR, KOJO KYEREME, DANIEL WATTS** and **MATT GRANT** won a superb team Bronze Medals. There were outstanding Individual performances from **GEORGE GROOM** winning the Under 17 Bronze Medal, and in the Senior Women's race **NAOMI TASCHIMOWITZ** finished 6th and **VICTORIA PRITCHARD** 14th.

Under 13 Boys (3000m) – **LUCA STUBBS** 22nd (12.56), **DYLAN MICHEL** 113th (13.48), **SAMUEL GREENSTEIN** 142nd (13.57) 458 runners finished, the winner was Jaden Kennedy of Herne Hill Harriers (12.00). Team result (4 to score) 1st Aldershot, Farnham & District (41 points), 2nd Herne Hill Harriers (112), 3rd Chiltern Harriers (170), 48 teams finished

Under 13 Girls (3000m) – **AIMI WEIGHTMAN** 71st (14.30), **ELEANOR RONCARATI** 178th (15.19), **SYDNEY ALLEN** 238th (15.45) 467 runners finished, the winner was Maisy Luke of Cornwall (12.53). Team result (4 to score) 1st Blackheath & Bromley (78 points), 2nd Chiltern Harriers (145), 3rd Wreake & Soar Valley (221), 52 teams finished

Under 15 Boys (4500m) – **KRISTIAN IMROTH** (2nd Claim) won the Gold Medal (14.23), **DAVID STONE** 26th (15.17), **FERGUS WATSON** 232nd (17.37), **JONATHAN BOARDMAN** 302nd (18.39) 379 runners finished. Team result (4 to score) 1st Middlesborough (105 points), 2nd Aldershot, Farnham & District (187), 3rd Tonbridge (204), 36 teams finished

Under 15 Girls (4000m) – **SOPHIA STAAB** 59th (17.50), **MIA GROOM** 142nd (18.38), **SOPHIA DEMPSEY** 237th (19.34), **HELENA AGHOLOR** 392nd (22.25) 426 runners finished, the winner was Olivia Grace Mason of Border Harriers (15.47). Team result (4 to score) 1st City of Norwich (151 points), 2nd Guildford & Godalming (166), 3rd Blackheath & Bromley (181), **28th SBH (830)**, 39 teams finished

Under 17 Men (6000m) – **GEORGE GROOM** won the Bronze Medal (20.32), **JEREMY DEMPSEY** 8th (20.56), **ELLIOT DEE** 12th (21.11) 302 runners finished, the winner was James Puxty of Tonbridge (20.28). Team result (4 to score) 1st Tonbridge (131 points), 2nd Aldershot, Farnham & District (143 points), 3rd Charnwood (167), 25 teams finished

Under 17 Women (5000m) – **LIDIA KYRIACOU** 60th (21.25), **KAYLA MICHEL** 178th (23.45), 252 runners finished, the winner was Amelia Quirk of Bracknell (18.35). Team result (4 to score) 1st Blackheath & Bromley (128 points), 2nd Herne Hill Harriers (128), 3rd Aldershot, Farnham & District (158), 18 teams finished

Under 20 Men (10000m) – **THOMAS BUTLER** (2nd Claim) 37th (35.08), **SAM GRIFFITHS** 47th (35.30), **ADAM THORPE** 55th (35.48), **OLIVER GREENSTEIN** 141st (38.50), **KHALID-ALI AHMED** 145th (39.04) 211 runners finished, the winner was Ellis Cross of Aldershot, Farnham & District (32.25). Team result (4 to score) 1st Aldershot, Farnham & District (35 points), 2nd Tonbridge (77), 3rd Preston Harriers (152), **11th SBH (388)**, 15 teams finished

Under 20 Women (6000m) – **GABRIELLA KYRIACOU** 48th (25.51), **CHARLOTTE JOHNSTON** 89th (27.47), **MOLLY HOPPING** 133rd (30.50) 148 runners finished, the winner was Harriet Knowle-Jones of Warrington (22.03). Team result (3 to score) 1st Aldershot, Farnham & District (49 points), 2nd Lincoln Wellington (62), 3rd Windsor, Slough, Eton & Hounslow (78), **15th SBH (270)**, 19 teams finished

Senior Men (12000m) – **RICHARD HORTON** 9th (40.23), **WILLIAM RYLE-HODGES** 49th (42.04), **PHILLIP CROUT** 51st (42.04), **LUUK METSELAAR** 61st (42.29), **DANIEL WATTS** 82nd (43.00), **RICHARD WILLIAMS V35** 130th (43.49), **MATT GRANT** 186th (44.45), **TIM PARKIN V35** 1169th (57.48) 1762 runners finished, the winner was Ben Connor of Derby (39.35). Team result (6 to score) 1st Tonbridge (289 points), 2nd Morpeth Harriers (293), 3rd Bedford & County (304), **6th SBH (382)**, 131 teams finished

Senior Women (8000m) – **VICTORIA PRITCHARD** 18th (30.44) 788 runners finished, the winner was Jessica Judd of Chelmsford (29.07). Team result (4 to score) 1st Aldershot, Farnham & District (22 points), 2nd Charnwood (107), 3rd Highgate Harriers (154), 93 teams finished