

**SOUTHERN ROAD RELAYS** – Took place on Sunday 23 September at Crystal Palace National Sports Centre.

The photograph shows **FREYA STAPLETON, LIA RADUS** and **GRACE INGLES** celebrating their win.

An excellent day for the Stripes with the performance of the day coming from our Under 17 Women, becoming Southern Champions by 4 seconds from Bedford & County. On the first leg **LIA RADUS** finished in 3rd place (4th fastest time of the day) with Tia Wilson of Bedford recording the fastest time of the race finishing 16 seconds in front of **LIA**, on the second leg **FREYA STAPLETON** produced an excellent time (5th fastest time of the day) taking the team into first place, and now 22 in front of Bedford, it was left to **GRACE INGLES** on the final leg to secure the championship. Our Under 17 Women's record over the past 10 years has been exceptional winning in 2012 and in the top 10 on 8 occasions.

I believe the next best performance of the day (just) came from our Senior Men, with the team of **THOMAS BUTLER U23, MATT GRANT, KIERAN CLEMENTS, BRADLEY GOATER, JAKE SHELLEY** and **JACK CRABTREE U23** finishing in 6th place. A really solid performance and their best result since 2010 when the team finished 4th, which included **JAMES TRAPMORE**, who ran in the "B" team today.

The Under 15 Boys team of **MUKHTAR MUSA, GILAD NACHSHEN, MAHIIS HERSI** and **LUCA STUBBS** were promoted to the Bronze Medals after finishing 4th, as Aldershot finished 1st and 2nd and only 1 team can score from each club. **MUKHTAR** came in first on the opening leg (2nd fastest time of the day), on the next 2 legs **GILAD** and **MAHIIS** kept us in touch, on the final Leg **LUCA** ran the 3rd fastest time on that leg, although the fastest time was run by M Taylor of Tonbridge which finished just over 6 seconds in front of Shaftesbury. This was **MUKHTAR'S** first season of athletics, and was ranked UK No.5 at 1500m on the track. Over the past 10 seasons the team won in 2009, 2011 and 2014 and 2nd in 2010.

The Under 17 Mens team of **LAURANCE EDWARDS, JUDE MIRANDA, DANIEL GREENSTEIN** and **DAVID STONE** finished in 6th place. After the handover on Leg 3 the team were in 13th place, leaving **DAVID** a challenge which he took on with gusto making up 7 places, with the 2nd fastest time on the leg and 4th fastest time of the race. Over the past 10 seasons the team won in 2012 and 2016, 2nd in 2009 and 2013 and 3rd in 2011.

Finally, the Under 15 Girls team of **MAAYAN RADUS, ELENA RONCARATI** and **JOANNE MIRANDA** finished in 7th place. The girls were consistent throughout and finished less than a minute behind 3rd place. . Over the past 10 seasons the team won in 2012, 3rd in 2013 and 5th in 2010 and 2017.

(3rd – 2nd) Denotes the following 3rd is the position the team were at the end of that leg, 2nd is the position the athlete finished in the top 10 fastest on that leg.

**Under 13 Boys (4 Legs of 3000m) – SBH 23rd (49:39.75) Leg 1 GIANLEO STUBBS** (26th 12:12.20), Leg 2 **ARCHIE NASH** (20th – 9th 11:49.30), Leg 3 **TOBY EDWARDS** (26th 13:26.15), Leg 4 **ZICO JONES** (23rd 12:12.10)

**Team Result** – 1st Cambridge & Coleridge (45:06.50), 2nd Winchester & District

(46:11.70), 3rd Aldershot, Farnham & District (46:21.25) 44 teams finished  
**Fastest 3 Legs** – 1st William Rabjohns of Poole (Leg 4 10:34.15), 2nd Isaac Morris of Cambridge & Coleridge (Leg 1 10:45.00), 3rd Christo Chilton of Herne Hill Harriers (Leg 1 10:47.25)

#### **Under 13 Girls (3 Legs of 3000m) – SBH No Team**

**Team Result** – 1st Tonbridge (35:12.60), 2nd Chiltern Harriers (36:10.35), 3rd Crawley (36:32.90) 56 teams finished

**Fastest 3 Legs** – 1st Lily Slack of Tonbridge (Leg 1 11:27.35), 2nd Ella Henderson of Aldershot, Farnham & District (Leg 2 11:30.30), 3rd Phoebe Gill of St Albans Striders (Leg 1 11:35.75)

**Under 15 Boys (4 Legs of 3000m) – SBH “A” 4th (42:39.40)** promoted to the Bronze Medals as Aldershot finished 1st and 2nd and only 1 team can score from each club, Leg 1 **MUKHTAR MUSA** (1st – 1st 10:04.20), Leg 2 **GILAD NACHSHEN** (3rd 10:54.00), Leg 3 **MAHIIS HERSI** (6th 11:14.65), Leg 4 **LUCA STUBBS** (4th – 3rd 10:26.55), **SBH “B” 22nd (42:39.40)** Leg 1 **SAMUEL GREENSTEIN** (18th 10:44.25), Leg 2 **LEO RONCARATI** (17th 11:04.30), Leg 3 **MAX WINFIELD** (19th 11:52.20), Leg 4 **DYLAN MICHEL** (22nd 11:41.05)

**Team Result** – 1st Aldershot, Farnham & District “A” (41:39.15), 2nd Aldershot, Farnham & District “B” (42:02.70), 3rd Tonbridge (42:33.00) 42 teams finished

**Fastest 3 Legs** – 1st Felix Vaughan of South London Harriers (Leg 2 9:52.55), 2nd Mukhtar Musa of SBH (Leg 1 10:04.20), 3rd Luke Hynes of Windsor, Slough, Eton & Hounslow (Leg 1 10:04.45)

**Under 15 Girls (3 Legs of 3000m) – SBH “A” 7th (35:49.00)** Leg 1 **MAAYAN RADUS** (8th – 8th 11:40.70), Leg 2 **ELENA RONCARATI** (8th 12:17.80), Leg 3 **JOANNE MIRANDA** (7th – 9th 11:50.50), **SBH “B” 55th (41:34.60)** Leg 1 **NATASHA TANNER** (57th 13:23.60), Leg 2 **ELEANOR RACHEL** (58th 14:12.50), Leg 3 **RACHEL PEARLMAN** (55th 13:58.50)

**Team Result** – 1st Windsor, Slough, Eton & Hounslow (34:27.35), 2nd Aldershot, Farnham & District (34:47.25), 3rd Bracknell (35:03.55) 67 teams finished

**Fastest 3 Legs** – 1st Nathalie Camp of Bracknell (Leg 3 11:14.20), 2nd Pippa Roessler of Aldershot, Farnham & District (Leg 3 11:14.80), 3rd Jasmine Young of Windsor, Slough, Eton & Hounslow (Leg 3 11:17.50)

**Under 17 Men (4 Legs of 4500m) – SBH “A” 6th (1:05.33.90)** Leg 1 **LAURANCE EDWARDS** (13th 16:11.90), Leg 2 **JUDE MIRANDA** (14th 16:39.25), Leg 3 **DANIEL GREENSTEIN** (13th 17:28.05), Leg 4 **DAVID STONE** (6th – 2nd 15:14.70 4th fastest time of the race), **SBH “B” 30th (1:12.17.25)** Leg 1 **BINI BLOOM** (29th 17:12.75), Leg 2 **JOE HEATHER** (33rd 18:10.25), Leg 3 **JONATHAN BOARDMAN** (31st 18:45.10), Leg 4 **DYLAN HEPWORTH** (30th 18:09.15)

**Team Result** – 1st Aldershot, Farnham & District (1:03.07.60), 2nd Tonbridge (1:03.27.75), 3rd City of Norwich (1:03.48.55) 33 teams finished

**Fastest 3 Legs** – 1st George Pool of Hastings (Leg 1 15:05.10), 2nd Will Barnicoat of Aldershot, Farnham & District (Leg 4 15:08.35), 3rd Mohamed Ali of Ealing, Southall & Middlesex (Leg 2 15:13.65)

**Under 17 Women (3 Legs of 3000m) – SBH “A” won the Gold Medal (34:19.50)** Leg 1 **LIA RADUS** (3rd – 3rd 11:15.40 4th fastest time of the race), Leg 2 **FREYA**

**STAPLETON** (1st – 2nd 11:17.80 5th fastest time of the race), Leg 3 **GRACE INGLES** (1st – 8th 11:46.3), **SBH “B” 16th (36:35.30)** Leg 1 **SCARLETT KENT** (29th 12:24.80), Leg 2 **BLUEBELL COOKE** (16th 11:58.00), Leg 3 **MIA GROOM** (16th 12:12.50)

**Team Result** – 1st SBH (34:19.50), 2nd Bedford & County (34:23.85), 3rd City of Norwich (34:34.25) 41 teams finished

**Fastest 3 Legs** – 1st Tia Wilson of Bedford & County (Leg 1 10:59.25), 2nd Katie Goodge of Tonbridge (Leg 1 11:04.15), 3rd Morgan Squibb of Blackheath & Bromley (Leg 2 11:08.30)

**Senior Men (6 Legs of 6000m) – SBH “A” 6th (1:48.53.75)** Leg 1 **THOMAS BUTLER U23** (14th 17:58.50), Leg 2 **MATT GRANT** (36th 19:45.65), Leg 3 **2 KIERAN CLEMENTS** (12th – 1st 17:14.85), Leg 4 **BRADLEY GOATER** (12th 18:26.95), Leg 5 **JAKE SHELLEY** (7th – 4th 17:29.80), Leg 6 **JACK CRABTREE U23** (6th – 6th 17:58.00), **SBH “B” Incomplete** Leg 1 **TONY JACKSON V50** (72nd 20:08.75), Leg 2 **OLIVER GREENSTEIN U20** (78th 21:30.70), Leg 3 **KEVIN WALDEN V35** (77th 22:22.70), Leg 4 **JAMES TRAPMORE V40** (76th 22:26.80), Leg 5 **TIM PARKIN V40** (75th 23:51.80)

**Team Result** – 1st Aldershot, Farnham & District (1:46.07.65), 2nd Tonbridge (1:46.43.00), 3rd Cambridge & Coleridge (1:47.32.60) 78 teams finished

**Fastest 3 Legs** – 1st Mohamed Aadan of Thames Valley Harriers (Leg 1 17:07.20), 2nd Henry Pearce of Tonbridge (Leg 4 17:09.95), 3rd Richard Allen of Aldershot, Farnham & District (Leg 6 17:13.60)

**Senior Women (4 Legs of 4500m) – SBH No Team**

**Team Result** – 1st Guernsey (1:09.25.75), 2nd Highgate Harriers (1:10.15.70), 3rd Wycombe Phoenix Harriers (1:10.23.30) 46 teams finished

**Fastest 3 Legs** – 1st Anne-Marie Smith of South London Harriers (Leg 3 15:31.50), 2nd Pippa Woolven of Wycombe Phoenix Harriers (Leg 2 16:17.55), 3rd Amy Clements of Kent (Leg 1 16:27.50)

Link to official results - [U13 Boys Team](#) [U13 Boys Fastest Legs](#) [U13 Girls Team](#) [U13 Girls Fastest Legs](#) [U15 Boys Team](#) [U15 Boys Fastest Legs](#) [U15 Girls Team](#) [U15 Girls Fastest Legs](#) [U17 Men Team](#) [U17 Men Fastest Legs](#) [U17 Women Team](#) [U17 Women Fastest Legs](#) [Senior Men Team](#) [Senior Men Fastest Legs](#) [Senior Women Team](#) [Senior Women Fastest Legs](#)