

## Senior Men's Cross Country Report

2017-2018 Season - Metropolitan XC League - The team disappointingly finished in 5th position after having won the 2nd fixture staged at Welwyn by some margin to move up to 2nd place in the league. The turnout for the remainder of the season dwindled due to lack of availability of athletes for various reasons from injuries to other fixture clashed involving our top end athletes. The highlight to the end of the season was our 2nd claim athlete Peter Huck winning the final fixture at Trent Park and beating Richard Goodman in the process, who had been leading individual points scorer and unbeaten in the preceding 4 fixtures.

2018 Southern XC Champs - Stanmer Park - No team entered due to lack of availability, but Wayne Bell decided to make a sole representation for the club and finished respectable 135th out of 740 finishers with the race run in atrocious conditions of wind and rain

The 2018 National XC Champs at Parliament Hill saw the Senior Mens team finish in 17th place out of 162 complete teams of 6 that scored, an improve of 2 places from 19th in 2017. Respective finishing positions of scoring team: Jayme Rossiter 29th, Frank Baddick 63rd, 103rd Jake Waldron, 220th Bruce Raeside, 313rd John Gordon and 375th Wayne Bell, out of 2328 runners who finished.

2018 Southern 12 Stage Road Relays Milton Keynes. There was no event staged due to adverse weather conditions

2018 National 12 Stage Road Relays - Sutton Park. One complete team was entered this year with a solid team of athletes who performed very well to finish 15th out of 63 complete team finishing. A vast improvement from fielding a incomplete of only 3 runners the previous year. Notable performances from Eoin Pierce and Josh Trigwell who ran the 5th and 9th fastest short legs respectively on the day.

2018 Southern XC Relays -No team entered due to lack of availability.

2018 Southern 6 Stage Road Relays - Crystal Palace. We manage to field two complete teams for the event this year, with our stronger A team finishing in 18th place (down on 9th place from 2017) and B team 38th place out of 77 complete teams to finish. Eoin Pierce and Jayme Rossiter were stand out performers with a top 10 fastest time for their respective leg.

2018 National 6 Stage Road Relays - Sutton Park. Despite securing qualification, lack of athlete availability again resulted in us having to field a weakened team with many of our athletes either returning from injury or their off-season. Having front loaded the team with John Beattie running the 12th fastest leg of the day leading the field for most of the 1st leg and handed over in 5th position. With the back end of our team not as strong, we slowly slipped back down the field to finish in 26th place. This was a disappointing result having managed to finish 8th in 2017 with the likes of Lee Merrien featuring.

The 2018 National XC Relays - Availability issues with athletes at this time of year resulted in us only being able to field one complete team of 4 for these Champs, consisting of Jayme Rossiter, Luke Conway, John Gordon and Samatar Farah who made the trip to Mansfield.

The team finished a respectable 21st place out of 154 scoring teams, down on the top 10 finish of 9th place the previous year. Many clubs fielding multiple teams, so this was a very respectable effort considering. Standout performance was Jayme Rossiter on first leg with a leg time of 25secs short of the fastest leg of the day.

2018-2019 - Metropolitan XC League. The team have got off to a solid start after the first two fixtures at at Claybury and Welwyn with decent turnout despite against having poor availability of many of our athletes. We currently stand 2nd position in Division 2 and remain hopeful that promotion can be secured this season.

Wayne Bell, Winter Captain