**Cross Country report February 2020**

**Hampshire Cross Country League**
The club had another strong season of attendance at the 5 HCCL fixtures over the winter. Athlete numbers were ahead of 2018-19 and ensured one of the best overall performances at team level with every age group bar one having a scoring team. The exception, and the only disappointment of the season, was not a single under 17 women ran in any of the 5 races.

Both Under 13 teams picked up silver medals as did the Under 17 Men. The Senior Men also had success finishing 3rd overall. Both Under 15 teams and our Senior Women finished 4th.

At Individual level, Reece Sharman Newell was gold medallist at U17 Men with Dave Ragan (SM) and Alex Hamilton (MV40) picking up silvers.
Macy Connolly and Nicholas Thomas picked up medals for 5th place individually at Under 13 level.

Athletes that competed in at least 4 races in the 5 race series received individual ranking positions and more importantly contributed to the team’s successes.

Congratulations to these athletes:
U13G - Macy Connolly 5th, Imogen Edwards 9th, Lily-Mae Lancaster-Evans, Daisy Allford, Sophie Yates, Malindi New & Alyssa Page.

U13B - Nicholas Thomas 5th, Charlie Coveney 10th, Freddie Eason, Loki Chaffey, William Edwards & Thomas Carroll.

U15G - Sienna Richardson 9th, Megan Hope & Orla Galloway

U15B - Ben White 7th, Sam Kemp 10th, Jack Hedderly & Tom Yates

U17M - Reece Sharman Newell Gold, Alex Lakeland 7th, Oli Morgan 8th, Josh Kemp 9th, Richard Sutton, Cameron Coveney, Stefan O’Loughnane & Oli Smith.

SW/VW/U20W - Charlotte Chalwin 6th, Maddie Deadman 8th and 3rd U20, Charlotte Ragan, Gemma Bigg, Rebecca Sleap, Rebecca Pearson, Macy Watson (u20), Megan French (u20), Elaine Liversage (vet), Debbie Cook (vet), Rowena Galloway (vet) & Nikki Pickering (vet).

SM/VM/U20M - Dave Ragan Silver, Rob Wood 7th, Tom Syckelmoore 8th, Alex Hamilton (2nd placed vet), Alex Bigg, Dan Short, Kieron Ruffle, Connor Wrey, Harrison Morgan (10th U20), Mat Shaylor (vet), Glen Jepson, Graham Hall (vet), Mark Slaney (vet), Mark Norris (vet), John Bigg (vet), James Workman (vet), Terry Wegg (Vet) & Gareth Morgan (vet).

Many thanks to everyone else that competed in races this season.

 **Hampshire XC Championships 2020 - Botley**
One of the biggest turnouts from the club at the county championships, with the club winning 8 individual and team medals including three golds.

The Under 17 Men were the most successful with Reece Sharman Newell winning the bronze and backed by Alex Lakeland 6th and Josh Kemp 7th the team took the gold medals. On top of this Cameron Coveney, Richard Sutton and Oli Morgan with 8th, 11th and 12th and won the team bronze and dominated the race. Just before that race the Under 15 Boys also won gold in the team event with Ben White 5th, Nathan Lane 6th, James Harold 10th and Sam Graham 17th

The Girls and Senior Women were also in the medals and Daisy Allford was the first medallist of the day finishing 3rd and together with Lily Mae Lancaster-Evans 9th, Georgia Barrett 19th and Izabel Brown 27th the team placed 2nd and won the silver medals.
The penultimate race of the day was the Women’s race and the first ever Senior Team medals went to the Basingstoke quartet of Charlotte Chalwin 7th, Charlotte Ragan 14th, Rebecca Sleap 15th and Gemma Bigg 17th.
The final race also brought some success with a further gold medal for Alex Hamilton in the senior/vet Men’s race being first MV45 home.

All club finishers as follows:
**Senior and Veteran Men** - Teams 6th & 18th, Vets 7th & 13th
Alex Bigg, Tim Fowler, Graham Hall, Alex Hamilton, Robert Harrison, Michael Hickey, Michael Hill, Glen Jepson, Dave Ragan , Tom Syckelmoore, Jacques Van Der Schee, Andrew Waddington & Terry Wegg

**Under 20 Men**
Ben Pattison

**Under 17 Men -** Teams 1st & 3rd
Cameron Coveney, Joshua Kemp, Alex Lakeland, Oli Morgan, Stefan O’Loughnane, Reece Sharman-Newell, Oli Smith & Richard Sutton

**Under 15 Boys -** Teams 1st & 7th
Sam Graham, James Harold, Alex Heath, Jack Hedderly, Samuel Kemp, Nathan Lane, Guy Stevens, Ben White & Tom Yates

**Under 13 Boys -** Teams 5th & 9th
Thomas Carroll, Charlie Coveney, Fredrik Eason, William Edwards, Charlie Ellaway, Milo McDermott, Noah O’Neill & George Sharp

**Under 11 Boys -** Team 7th
Michael Byrne, Loki Chaffey, Archie Lamport, Henry Packer, Connor Simmons & Lewis Simmons

**Senior and Veteran Women -** Teams 2nd & 9th
Gemma Bigg, Charlotte Chalwin, Debbie Cook, Cat Coveney,  Naomi Holborough, Tracy Jones, Rebecca Pearson, Charlotte Ragan, Rebecca Sleap & Macy Watson

**Under 20 Women**
Megan French & Isobel Mannion

**Under 15 Girls -** Team 6th
India Farrant, Elisa Hill, Megan Hope, Isabelle Law, Josephine O’Neill & Sienna Richardson

**Under 13 Girls -** Teams 4th & 7th
Megan Banks, Macy Connolly, Imogen Edwards, Matilda Gibson, Malindi New, Alyssa Page, Charlotte Vickers & Sophie Yates

**Under 11 Girls -** Team 2nd
Daisy Allford, Georgia Barrett, Izabel Brown, Anna Edwards, Amelia Gillings, Denaya Guma & Lily-Mae Lancaster Evans

**SEAA XC Championships 2020 – Parliament Hill**Further good attendance continued at the South of England Championships on a dry but muddy day at Parliament Hill in North London. 36 runners from the club with participants in 8 of the 10 age groups.
Thanks to all our representatives:
U13 Girls – Macy Connolly, Imogen Edwards, Lily Mae Lancaster-Evans, Malindi New & Charlotte Vickers.
U13 Boys – Nicholas Thomas, Charlie Coveney, Freddie Eason, William Edwards and Thomas Carroll
U15 Girls – Sienna Richardson, Isabelle Law, Megan Hope, India Farrant & Elisa Hill.
U15 Boys – Sam Kemp, Guy Stevens, Jack Hedderly and Datrim Wadhawan
U17M – Cameron Coveney, Josh Kemp, Alex Lakeland and Oli Morgan
U20W – Izzy Mannion, Macy Watson and Megan French
SW – Charlotte Chalwin, Freya Davis, Tracy Jones, Elaine Liversage, Jane Bradbury and Lisa Pearce
SM – Stephen Reid, Mat Shaylor, Mike Hill & Tim Fowler

**National XC Championships 2020 – Nottingham**
Despite the long journey, 20 athletes made the trip north to represent BMH at the Nationals:
U13G - Macy Connolly, Imogen Edwards, Lily-Mae Lancaster-Evans, Daisy Allford, Malindi New, Emily Marshall & Alyssa Page
U13B - Nicholas Thomas, William Edwards, Freddie Eason, Thomas Carroll & Jack Breeds
U15G - Sienna Richardson & India Farrant
U15B - Jack Hedderly & Oli Marshall
JW - Maddie Deadman, Macy Watson
SW – Freya Davis
SM – Terry Wegg

**Other XC Leagues**
BMH also competes in two Sunday league competitions aimed at increasing participation in the sport.
For the seniors there is the Southern Cross Country League (SCCL) and for the Juniors (U9-U15) the Junior Cross Country League.

**Southern XC League**
24 teams from across the region compete in 6 fixtures over the course of the winter. Distances vary but are approximately 5 miles per race. Scoring places are determined by the first 5 men, and the first 3 ladies.
With one race remaining, BMH have retained the title that they won last winter!

 **Junior Cross Country League**Formed as a development league for young athletes by BMH, Fleet and Andover in 2017, we welcomed Wessex Wyverns, Overton and Tadley Youth last winter and Reading Rascals joined for the current season. The league is run over 4 fixtures with the final match due to take place in March.

BMH Winners for last winter (2018-19) were as follows:
U9 Girls – 2nd Georgie Barrett, 3rd Abigail Spencer
U9 Boys – 1st James Grace, 2nd Oskar Guynan
U11 Girls – 2nd Matilda Gibson, 3rd Daisy Allford
U11 Boys – 1st George Sharp, 2nd Jack Bone, 3rd William Edwards
U13 Girls – 1st Poppy Morris, 2nd Josie O’Neill
U13 Boys – 1st Nicholas Thomas, 2nd Leo Liversage, 3rd Stanley Murphy
U15 Girls – 2nd Orla Galloway
U15 Boys – 1st Richard Sutton, 3rd Alex Lakeland

Terry Wegg
26/02/20