

2019 – 2020 CROSS-COUNTRY AWARDS – REPORT BY STEVE HESKETH

This was another great year for the men's cross-country team, with excellent turn outs and competitive running throughout the season.

Kent League.

Another great season for the Senior Men's **team** with clear second places in both the 4-to-score and 12-to-score teams to a very strong Tonbridge team. It was very encouraging to see we had great numbers turning out again and great packing at the front end. In one Kent league race we had 24 runners and throughout the season we had 30 different runners taking part. From the 437 runners taking part in the league over the season, the club's **individual** positions, after 4 races, were outstanding and easily the best recorded in the league. Robert Meyer was 1st overall, Tewelde Menges 2nd, Marley Godden 4th, Mark Wilkins 6th, Jack Crossley 8th, Justin Lane 9th, Neill Wright 12th, and Barry Royden 14th. In the Master's M40 category, Justin Lane was 2nd and Neill Wright 3rd. In the Master's M50 category, Barry Royden was 1st, Alun Rodgers 3rd and Gareth Williams 5th.

Kent Fitness League (KFL)

The KFL finished early this season due to waterlogged courses, although 5 races were still completed. This season proved to be an amazing season for M & M.

In the combined men and women's league, the club won the league (of 18 teams) by 3 clear points and 266 places. After finishing 4th in the first race, the team went on to win the next 4 races. The men's team also won their league with two second places and three first place finishes. The final results left the men's team 6 points and 490 places ahead of second place. The women's team started off with a poor result, finishing 17th out of 18 in the first race. However, from that point on they made superb improvements, including a second place, to finish 5th overall. A great improvement considering the women's team were 16th overall in the previous season.

The club also had some great individual results. In the women's competition, Emily Hale was the clear overall winner. Taryne McPherson was 4th overall and 2nd W40. In the men's competition, Neill Wright was the club's top runner in 5th place overall and 2nd M40. Chris Rampling was 6th overall, Daniel St Martin 11th overall and Adam Featherstone 19th and 2nd M45. Alun Rodgers took the M50 title.

Kent Championships

At the Kent Cross-country Championships, the club claimed bronze team medals in both the 6-to-score and 12-to-score competitions. The team was a bit weaker than previous years with a few top runners missing. Tewelde Menges was the first runner home in 5th. In addition to Tewelde, the six-to-score team was completed by Marley Godden (13th), Tom Collins (21st), Mark Wilkins (27th), Jack Crossley (39th) and Justin Lane (42nd).

Kent Masters Cross-country Championships

At the Kent Masters Championships, the club had a significant medal haul. The M40 Team took the Silver Team Prize (Justin Lane 9th, Neill Wright 12th, Stephen Turpie 16th and Adam Featherstone 23rd). In the M50 category we retained the Gold Team position (Barry Royden 3rd, Gareth Williams 6th and Alun Rodgers 10th). Barry Royden claimed the individual bronze. Phil Wallace was 5th in the M70 race.

Southern XC Championships

This was a bit of a 'what could have been' event for the club, against the top teams in the South. Considering Robert Meyer and Tom Collins were both unavailable and Tewelde Menges dropped out injured, the team still had a good result with 25th out of 81 finishing 6-to-score teams. There were 13 runners in total, Marley Godden finishing first for the club in 88th and Ben Tyler 100th.

National XC Championships

A stronger team made it to Nottingham for the Nationals and they had an excellent result finishing the 6-to-score team in 22nd place out of 210 teams taking part. The club's top individual was Robert Meyer in a fantastic 34th place, the club's highest individual runner for many years. Tewelde Menges was 2nd runner in 85th, followed by Tom Collins 203rd, Marley Godden 222nd, a great result in his first senior championship, Jack Crossley 479th, Barry Royden 536th, Alun Rodgers 784th and Adam Featherstone 928th. There were 1710 finishers.

South of The Thames 5 m and 7.5 m cross-country races

In the South of the Thames 5-mile race, the club had 7 runners on a very muddy course. They finished 4th club out of 18 clubs. Tewelde Menges just missed out on a medal, finishing in 4th place. He was followed home by Mark Wilkins in 20th, Justin Lane (M40) 29th, Gareth Williams (M50) 73rd, Alun Rodgers (M50) 74th, Adam Featherstone (M45) 90th and the ever-improving Sean Rodwell in 92nd. There were 347 finishers.

In the South of Thames Championship 7.5 m race the team were 8th with Tewelde Menges taking the club's top position in 7th. He was followed in by Mark Wilkins 38th, Justin Lane 51st, Daniel St Martin 70th, Lee McMeekin 80th and Daniel Longhurst in 90th. Alun Rodgers, Adam Featherstone and Gareth Williams provide good back up.

Southern Masters Championships

This season, the club had a team at the Southern Masters Championship for the first time in many years. The M50 team were 4th, a great result at this level. Barry Royden claimed the individual M50 silver. The M50 team was completed by Alun Rodgers in 9th and Gareth Williams in 13th.

Southern Cross-country Relays

The club had a very good result in the Southern Cross-country relays with a 5th place out of 34 teams (Tewelde Menges, Tom Collins, Marley Godden and Alun Rodgers).

2019-2020 CROSS-COUNTRY INDIVIDUAL AWARDS

Best overall Senior	Rob Meyer	Kent League overall winner and 34 th place at the Nationals.
Merit	Tewelde Menges	Kent League second place and solid runs at the Kent, National and South of the Thames
Medal	Marley Godden	Kent League 4 th overall. Good and improving results at the Kent, Southern and National Championships.
Best M40	Justin Lane	The clubs top M40 runner in the Kent League (9 th overall and 2 nd M40) in addition to good results at the Kent Champs (42 nd , 3 rd M40), Kent Masters Champs (9 th) and South of the Thames races.
Merit M40	Neil Wright	Close behind Justin with a 12 th overall and 3 rd M40 placing in the Kent League. Neill was 12 th at the Kent Masters and was a very important part of the KFL winning team, finishing second individual M40.
Medal M40	Adam Featherstone	Adam ran 13 of the 14 cross-country league and championship races through the seasons. Compared to previous seasons he improved his position in nearly every race.
Best M50	Barry Royden	Barry had a great season winning the Kent League M50 trophy as well as taking silver at the Southern Masters and bronze in the Kent Masters. In addition, he helped the Kent Fitness League Team secure the combined and men's team trophies.
Merit M50	Alun Rodgers	Another very busy and successful season. Amazingly for someone in this age group, the season saw improved race positions in relation to previous seasons at almost every outing. Alun was also the KFL M50 League winner and 3 rd M50 in the Kent League.
Medal M50	Gareth Williams	Gareth had another busy season, with some great results.