

## **Senior Ladies awards**

Well done to all our Senior Ladies that took part in the 2019/20 Cross Country season this year. Our numbers have slightly grown which is good news, but we hope to keep adding to the team. So well done to all of the following lady athletes:

Jenny Fowler, Kat Ford, Emily Hale, Bernadette Harrop, Taryne McPherson, Antel Muller, Catherine Rodwell, Claire Wilkins, Jemma Whyman, Jill Young, Amanda Matthews, Karen Cudmore, Juliette Ryan and Vanessa Vander who all competed this season.

There were some strong results across the season. Emily Hale ran some excellent races throughout with a 6th place at Tonbridge Kent league and also with her first Kent team selection at senior level at the Inter-counties at Oxford. Also winning the Kent Fitness league series.

Taryne McPherson having a fantastic season with strong performances in the Kent and Fitness leagues and Jenny coming to form later in the season. Well done to you both.

In the Kent league XC series (with events at Swanley, Tonbridge, Danson Park and Norman Park) the ladies had an excellent overall finish in the 3 to score finishing 3rd out of 20 teams. In the 6 to score finishing 4th out of 21 teams.

Jenny Fowler competing in all the races, finishing 3rd overall in the 35 to 44 age group.

In the Kent Championships at Brands Hatch the ladies team had a successful day collecting 2 team medals. In the 3-to-score Emily Hale was first across the line for M&M and continuing her strongest season yet finishing in 11th place. Jemma Whyman finishing strongly in 16th and Taryne McPherson in 24th and collecting a well-deserved bronze team medal. There was also great runs from Jenny Fowler 37th, Antel Muller, 61st and Vanessa Vander, 64th closing the 6-to-score and collecting another bronze team medal. Other individual places were Karen Cudmore, 68th, Bernadette Harrop, 80th and Kat Ford, 113th.

In the Southern Champs at Parliament hills, our only athlete to compete on the tough 8k was Bernie Harrop having a solid run and performing well.

It was great to have a team out in the Kent Veterans CX Champs at Dartford in December which saw strong runs in the Vets 35-44 category for Taryne McPherson (10th) Jenny Fowler (11th) and Vanessa Vander (23rd). The team collected a silver medal for their efforts and was well deserved after strong runs from all the team. In the 45-54 age group, Bernadette Harrop finished in 29th place

This year my awards go to:

**Best Senior Lady:** Emily Hale

**Best V35:** Taryne McPherson

**Merit V35:** Jenny Fowler

**Medals:** Vanessa Vander and Bernadette Harrop

Thank you for all your support.

**Sarah**

**Ladies XC Team Manager**