

## **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 1<sup>st</sup> overall, Tewelde Menges 2<sup>nd</sup>, Marley Godden 4<sup>th</sup>, Mark Wilkins 6<sup>th</sup>, Jack Crossley 8<sup>th</sup>, Justin Lane 9<sup>th</sup>, Neill Wright 12<sup>th</sup>, and Barry Royden 14<sup>th</sup>. In the Master's M40 category, Justin Lane was 2<sup>nd</sup> and Neill Wright 3<sup>rd</sup>. In the Master's M50 category, Barry Royden was 1<sup>st</sup>, Alun Rodgers 3<sup>rd</sup> and Gareth Williams 5<sup>th</sup>.

### **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 4<sup>th</sup> 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 17<sup>th</sup> out of 18 in the first race. However, from that point on they made superb improvements, including a second place, to finish 5<sup>th</sup> overall. A great improvement considering the women's team were 16<sup>th</sup> 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 4<sup>th</sup> overall and 2<sup>nd</sup> W40. In the men's competition, Neill Wright was the club's top runner in 5<sup>th</sup> place overall and 2<sup>nd</sup> M40. Chris Rampling was 6<sup>th</sup> overall, Daniel St Martin 11<sup>th</sup> overall and Adam Featherstone 19<sup>th</sup> and 2<sup>nd</sup> 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 5<sup>th</sup>. In addition to Tewelde, the six-to-score team was completed by Marley Godden (13<sup>th</sup>), Tom Collins (21<sup>st</sup>), Mark Wilkins (27<sup>th</sup>), Jack Crossley (39<sup>th</sup>) and Justin Lane (42<sup>nd</sup>).

## **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 9<sup>th</sup>, Neill Wright 12<sup>th</sup>, Stephen Turpie 16<sup>th</sup> and Adam Featherstone 23<sup>rd</sup>). In the M50 category we retained the Gold Team position (Barry Royden 3<sup>rd</sup>, Gareth Williams 6<sup>th</sup> and Alun Rodgers 10<sup>th</sup>). Barry Royden claimed the individual bronze. Phil Wallace was 5<sup>th</sup> 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 25<sup>th</sup> out of 81 finishing 6-to-score teams. There were 13 runners in total, Marley Godden finishing first for the club in 88<sup>th</sup> and Ben Tyler 100<sup>th</sup>.

## **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 22<sup>nd</sup> place out of 210 teams taking part. The club's top individual was Robert Meyer in a fantastic 34<sup>th</sup> place, the club's highest individual runner for many years. Tewelde Menges was 2<sup>nd</sup> runner in 85<sup>th</sup>, followed by Tom Collins 203<sup>rd</sup>, Marley Godden 222<sup>nd</sup>, a great result in his first senior championship, Jack Crossley 479<sup>th</sup>, Barry Royden 536<sup>th</sup>, Alun Rodgers 784<sup>th</sup> and Adam Featherstone 928<sup>th</sup>. 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 4<sup>th</sup> club out of 18 clubs. Tewelde Menges just missed out on a medal, finishing in 4<sup>th</sup> place. He was followed home by Mark Wilkins in 20<sup>th</sup>, Justin Lane (M40) 29<sup>th</sup>, Gareth Williams (M50) 73<sup>rd</sup>, Alun Rodgers (M50) 74<sup>th</sup>, Adam Featherstone (M45) 90<sup>th</sup> and the ever-improving Sean Rodwell in 92<sup>nd</sup>. There were 347 finishers.

In the South of Thames Championship 7.5 m race the team were 8<sup>th</sup> with Tewelde Menges taking the club's top position in 7<sup>th</sup>. He was followed in by Mark Wilkins 38<sup>th</sup>, Justin Lane 51<sup>st</sup>, Daniel St Martin 70<sup>th</sup>, Lee McMeekin 80<sup>th</sup> and Daniel Longhurst in 90<sup>th</sup>. 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 4<sup>th</sup>, a great result at this level. Barry Royden claimed the individual M50 silver. The M50 team was completed by Alun Rodgers in 9<sup>th</sup> and Gareth Williams in 13<sup>th</sup>.

## **Southern Cross-country Relays**

The club had a very good result in the Southern Cross-country relays with a 5<sup>th</sup> 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 <sup>th</sup> 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 <sup>th</sup> 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 <sup>th</sup> overall and 2 <sup>nd</sup> M40) in addition to good results at the Kent Champs (42 <sup>nd</sup> , 3 <sup>rd</sup> M40), Kent Masters Champs (9 <sup>th</sup> ) and South of the Thames races.
Merit M40	Neil Wright	Close behind Justin with a 12 <sup>th</sup> overall and 3 <sup>rd</sup> M40 placing in the Kent League. Neill was 12 <sup>th</sup> 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 <sup>rd</sup> M50 in the Kent League.
Medal M50	Gareth Williams	Gareth had another busy season, with some great results.