

Junior Cross Country 2017/18 season report

Notts Mini League

Rushcliffe continue their dominance of this league with our juniors putting in some stellar performances to win the 5 race series for the 4th consecutive year with a massive 300 point margin. Turnout has been good (particularly at U11s age group) with over 80 athletes taking part in at least 1 event and 14 athletes completing all 5 events. In addition to the overall title, RAC also won team awards for U11g, U13b and U15g and there were several individual medallists - Isabel Wynne (Gold), Maisy Wynne (Bronze), Tom Southgate (Silver), Thomas Bavin (Bronze), Imogen Edwards (Gold), Lucy Rathbone (Silver), Frankie Berry (Bronze)

North Midlands XC league

Overall, numbers competing in the North Midlands XC league are down compared to last year, particularly in the junior ranks. This is probably due to fixture congestion with 2 of the fixtures falling on the same weekend as the mini league. Undoubtedly, the stars have been our U15 girls who took the Team title with ease and had 2 individual medallists - Imogen Edwards (Silver) Nancy Britten (Bronze)

National Cross Country Relays

Another fantastic turnout by RAC athletes at this great national event held on our doorstep in Mansfield. We fielded an amazing EIGHTEEN teams across all the age groups with the best performing team being the U15 girls "A" team who finished 11th. Performance of the day was Maya Todd McIntyre who was the fastest U15g – incredible performance at National level!

County Champs

An extremely muddy affair at the notorious Shipley Park. Despite the challenging conditions turnout was again impressive with the blue vests picking up a large number of individual and team medals from U11s to vets.

Midland XC Championships

The big area XC Championships held once again on our doorstep at Wollaton Park and RAC were well represented with over 30 entries across the age groups. Some fantastic performances on the day with James Wardle taking bronze in U15 boys despite being bottom end of the age group, but the U15g stole the show with Maya Todd McIntyre taking the title just ahead of Lizzy Edge in Silver and with Lucy Rathbone and Frankie Berry the quartet missed out on the team gold by the narrowest of margins. Simply brilliant!!

National XC Championships

A fantastic day out at the spiritual home of XC running – Parliament Hill in London with over 40 RAC athletes competing across the age groups. Top performance of the day came from James Wardle who finished 20th in the U15 boys championship. Next year the "National" heads up North and will be held in Leeds - RAC will once again be looking to take another coach of RAC stars (young and old) for the annual mudfest!

Danny McIntyre