

## U20's, Senior and Vets Cross-country report – 30 Nov-19 Aldershot

On 30 November the third meeting took place for the Hampshire Cross-Country League at Wellesley Woodlands, Aldershot. It was a perfect day for racing, despite BEING a bit chilly the sun was mostly shining throughout the day. The route was a combination of very soft grass, on playing fields, some very scenic woodland trails and spectacularly boggy sections which claimed the odd shoe (luckily not belonging to any Cosarc members).

There were smaller number of runners in all teams today as many Cosarc-ers were resting their legs as the following day there was the Tri-Country championships in Bath as well as the Victory 5 mile road race, part of the HRRL series.

Despite the smaller numbers there were those lacing up and taking on their first XC race and it's encouraging to see more new children joining the list of quadkids giving it their best effort and having a go at cross-country. They're not alone, each event finds more first timers from the senior section also putting on their blue shirt and tackling the sometimes challenging terrain. Well done one and all.

### Ladies

There were 10 ladies taking part in the U20, senior and veteran race and below are the results:

Name	Category	Overall position	Time
Sian Thomas	Senior	12	23:58
Ruth Holloway	Senior	30	25:43
Katie Clements	Senior	103	30:57
Jill Coles	Vet	111	31:27
Louise Webb	U20	117	32:06
Ellen Tilley	U20	137	35:13
Tash Mundell	U20	140	35:50
Lu Yarwood	Vet	145	36:52
Kate Buttimer	Vet	151	38:20
Denise Von Roretz	Vet	160	41:35

### Ladies team standings

The ladies did well in the team standings and put forward runners for each team category After the third race of the league these are the positionings:

Overall: Joint 6<sup>th</sup> place.

Veterans: Joint 5<sup>th</sup> place.

U20's: 5<sup>th</sup> place.

### Men

There were 15 men taking part in the U20, senior and veteran race and below are the results:

<b>Name</b>	<b>Category</b>	<b>Overall position</b>	<b>Time</b>
Shaun Brown	Senior	59	36:20
Andy Holme	Vet	84	37:24
Eddie O’Gorman	Vet	86	37:36
Henry Dix	U20	106	38:42
Richard Davidson	Vet	109	38:44
Peter Callanan	Vet	114	38:57
Matt Bosworth	Vet	145	40:10
Bill Knight	Vet	171	42:27
James Rodwell	Vet	197	43:59
Richard Larcombe	Vet	202	44:05
Craig Weatherburn	Vet	226	46:49
Steven Mitchell	Vet	227	46:50
Barry Davies	Vet	241	48:51
Jonathan Kershaw	Vet	257	51:19
Melvyn Holloway	Vet	260	55:06

**Individual standing:**

Currently Andy Holme is in 7<sup>th</sup> place in the individual veteran league.

**Team standings**

The current team standings for the men in the league are as follows:

Overall: 8<sup>th</sup> Position

Veteran: 3<sup>rd</sup> Position

For further information of the results please see here:

[https://www.hampshireathletics.org.uk/results/2019/20191130\\_hlwomen.html](https://www.hampshireathletics.org.uk/results/2019/20191130_hlwomen.html)