



## WINTER CROSS COUNTRY TEAM REPORT 2012 - 2013

Written by: Mignon Springett April 2013.

This season proved to be very successful for the girls in terms of individual and team medals. In total 21 girls have run for Brighton and Hove between the ages of 11 – 17yrs this year. It is a vast increase from last season, so the sport itself seems to be becoming increasingly popular and attracting more girls from an early age. Both the U15's and the U13 girls teams finished in 3<sup>rd</sup> place after 4 races in the Brooks League, both taking away a Bronze team medal, which is an outstanding achievement for all those who entered this league event. Also, 5 girls from Juniors and Intermediates made it through the Sussex Schools County Championships.

The girl's who have run for the club this season are:

Esther Lutz Davies, Steffania Paraskeva, Martha Coyle, Ella Witt, Scarlett Springett, Nancy Jones, Elizabeth Doran, Elena Cooke, Alice O'Kane, Carmen Adjare, Ruby Daniels, Josephine Grumitt, Amber Anning, Yvette Edmans, Elinor Fitzgerald, Olivia Monk, Emily Carr, Florence Robinson, Evie Hardman, Ella Tickin-Smith, Jemima Edwards.

The girls have all produced some superb performances and gained some personal achievements as well. Well done to all the girls and great results from everyone.



Stanmer Park County Championships U13's



Girl's U15's

### **Sussex County Cross Country Championships at Stanmer Park – 5<sup>th</sup> January 2013**

This year, the County championships saw 14 girls in total running for the club at one of the hardest courses of the season. All the girls have showed great enthusiasm and team spirit this year and in particular the U15's have put in exceptional effort towards their training and practice during the week leading up to all the events.

#### **U13's**

In the U13's squad, Amber ran an impressive race leading the team all the way and finishing in 12<sup>th</sup> place, Jemina was holding a steady and enthusiastic pace and followed closely behind coming in 14<sup>th</sup>, Ruby came in 18<sup>th</sup> showing a strong and determined effort followed by Yvette at 22<sup>nd</sup> performing an exceptionally fast sprint towards to finish line. Elinor finished 26<sup>th</sup> and Ella 32<sup>nd</sup> both giving a steady and solid performance. The A team came in 5<sup>th</sup> and the B team 8<sup>th</sup> out of 11 clubs.

#### **U15's**

A magnificent result for the 6 girls who ran for the U15's race. The results were Nancy 5<sup>th</sup>, Ella 15<sup>th</sup>, Alice 18<sup>th</sup>, Elizabeth 19<sup>th</sup>, Scarlett 22<sup>nd</sup> and Elena 28<sup>th</sup>. Nancy, Ella and Alice received a well earned **Bronze** team medal for coming 3<sup>rd</sup> in the A team for Brighton and Hove. Some strong running was shown by all and a battle for 3<sup>rd</sup> place for the individual club position was definitely fought and won with great determination and showed immense improvement.

## U17's

Despite just 2 runners competing for the U17's race, a brilliant performance was put in by both Esther and Steff. Esther won a well deserved **Silver** medal for her individual position of 2<sup>nd</sup> overall. She was closely followed by Steffi just missing out on a bronze medal but ending with a comfortable 4<sup>th</sup> place overall.

## Cross Country County Relays

### Goodwood 29<sup>th</sup> September

The year kicked off with the first XC event of the season with a relay at Goodwood. Not an easy course for beginners to Cross Country but the first U'13's team of Ruby Daniels, Yvette Edwards and Carmen Adjarre all ran competently and managed a 9<sup>th</sup> place position. Josephine, Elinor and Amber, all ran stoically for the club for the second team. The U15's girls team consisted of Ella Witt, Nancy Jones and Scarlett Springett who managed a 5<sup>th</sup> place position which was a good start to the competition year.

### Christ's Hospital Road Relays: Saturday 30<sup>th</sup> March

For our last race of the year, we saw 3x U13's teams brace the harshest coldest weather of the season in what should have been a spring-like Easter weekend morning. Florence Robinson, Jemima Edwards and Ruby Daniels ran for the A team and finished 7<sup>th</sup> out of 17 teams running in this event. Olivia Monk and Carmen Adjare and Evie Hardman followed suit running for the B team who finished 11<sup>th</sup> and our C team due to a missing runner at the starting line resulted in an incomplete team but Ella Tickin-Smith and Emily Carr still ran the course with absolute determination and rigour.

For the U15's, the first team consisting of: Martha Coyle, Nancy Jones, Ella Witt just missed out on a 3<sup>rd</sup> place medal coming 4<sup>th</sup> overall out of 10 teams. The second team which were: Lizzie Doran, Scarlett and Elena ran some good positive personal times and worked very well together showing future potential. We were all extremely pleased to go home after a great day of racing as we were all starting to feel numb from the big freeze by mid afternoon.

## Cross Country League Races

### Goodwood:

At Goodwood in October, there was a great performance by Nancy who came in 3<sup>rd</sup> for the U15's. There were further strong runs by Ella, Alice, Lizzie making a 3<sup>rd</sup> place team position. For the U13's Jemima steamed into the finish line in 11<sup>th</sup> place just passed by 2 Hastings runners by 0.04 seconds, Ruby (13<sup>th</sup>), Yvette (16<sup>th</sup>), Josephine (18<sup>th</sup>), Elinor (24<sup>th</sup>), Carmen finishing the squad, making 4<sup>th</sup> place team position.

### Plumpton:

With Plumpton being more than a challenging course for all runners; was particularly wet, muddy and windy for this race back in December. However, this did not deter any of the 8 girls running for this event. Both the U13's and the U15's came 3<sup>rd</sup> place in their teams which was a well run and fantastic result for all who entered. Nancy (5<sup>th</sup>), Ella (10<sup>th</sup>), Alice (16<sup>th</sup>), (Lizzie (17<sup>th</sup>) and for the U13's: Amber (4<sup>th</sup>), Jemima (11<sup>th</sup>), Ruby (16<sup>th</sup>), Josephine (18<sup>th</sup>).

### Bexhill:

The U13's girls saw Amber Anning (12<sup>th</sup>) first girl through for Brighton, Ruby Daniels (17<sup>th</sup>), Elinor Fitzgerald (26<sup>th</sup>) coming in 6<sup>th</sup> place for the team positions. The U15's girls first team of Nancy (5<sup>th</sup>), Ella (8<sup>th</sup>), Lizzie (18<sup>th</sup>), Alice (20<sup>th</sup>), Scarlett (21<sup>st</sup>) and Elena (23<sup>rd</sup>) placed the two teams 3<sup>rd</sup> and 8<sup>th</sup> for this event. A confident race ran by all.

Lancing Manor: Martha Coyle, after being away from XC for a lengthy time, managed an astounding 3<sup>rd</sup> place finish for the U15's race closely followed by Nancy Jones, Ella Witt, Alice O'Kane and Lizzie Doran. This placed the A Team in 2<sup>nd</sup> place and the B Team in 9<sup>th</sup> position. The U13's also proved themselves worthy opponents with Amber Anning finishing in 2<sup>nd</sup> place position overall followed by an enthusiastic team of Jemima Edwards, Yvette Edmans, Florence Robinson, Elinor Fitzgerald, Ruby Daniels, Olivia Monk and Carmen Adjare. A great end to the season!

