Herts Phoenix Cross Country

The second race in the Metropolitan Cross Country League was hosted by Herts Phoenix AC in Fairlands Valley Park, Stevenage last Saturday on a very mild but wet and windy afternoon for most of the runners, apart from the last race for the senior men when the sun put in a very welcome appearance. Conditions underfoot were soft but became increasingly muddy and slippery under the feet of the more than 1000 athletes who participated in all the races.

Again there were several outstanding performances by the Club’s athletes, under 20 athlete Emily Ruane ran a particularly strong race, competing against the Senior Women to finish in fourth place overall, closely followed home by Elizabeth Janes in fifth place and leading their team home to second place in Division 2. In a very high quality Senior Men’s race John Eves finished in an excellent tenth place out of a field of very nearly 450 runners. There was an excellent turnout by the younger male athletes which saw under 13 Bryce Breen finishing in a very commendable 3rd place just ahead of Callum Nicolson in 5th, Daniel Gill in 10th and William Hughes in 11th for a comprehensive win in the team race and now having a very comfortable lead in the team competition. In the combined under 15 boys’ and under 17 men’s race 14 year old Nathanael Zapico had an outstanding run to finish in 6th place overall and first under 15 by almost 30 seconds and who with Beck Grover finishing in 9th place led their team home to first place overall, and are now in second place after two races.

Individual results

**Under 11 Boys and Girls – approx 1500 metres**

Niamh Kelly 24th 7.37

Niamh Bishop 25th 7.38

Jamie Roper 31st 7.45

Matthew Dorman 35th 7.50

Charlotte Hobson 49th 8.12

**Under 13 Girls – approx 3000 metres**

Sarah Crooks 34th 16.33

Charlotte Cox 39th 17.00

Grace Beaumont 53rd 19.18

Emily Nicolson 55th 19.25

56 finishers – team 12th, after 2 races Team 7th

**Under 15 Girls & Under 17 Women – approx 4000 metres**

Hannah Booth 24th 20.36

Jaynie Awcock (u15-21st) 36th 21.00

Georgia McKenzie 45th 21.47

Eleanor Found 49th 22.44

Amy Clayton 57th 24.05

Georgina Newberry (u15-38th) 63rd 25.28

66 finishers – Team 9th, “B” Team 18th – after 2 races Team 9th, “B” Team 21st

**Under 20, Senior & Veteran Women – approx 6000 metres**

Emily Ruane (u20-1st)) 4th 24.33

Elizabeth Janes 5th 24.40

Florence Stansall-Seiler (u20-7th) 35th 26.51

Alicia Found (u20-13th) 77th 28.48

Isabel Found (u20-17th) 87th 29.17

Elizabeth Doyle 160th 32.51

Marie Heald (v50-8th) 173rd 33.47

Yvonne Jones (v45-17th) 175th 34.02

Jayne Shepherd (v55-6th) 183rd 34.26

218 finishers – Team Division 2 2nd, after 2 races 8th, Veterans Team Division 3 5th, after 2 races 4th

**Under 13 Boys – approx 3000 metres**

Bryce Breen 3rd 13.39

Callum Nicolson 5th 13.45

Daniel Gill 10th 14.02

William Hughes 11th 14.12

Ben Crooks 18th 14.42

Thomas Hughes 21st 14.46

Elliott Zapico 26th 15.56

Joe Snowball 58th 16.31

Ciaran Whatmore 62nd 16.45

Benjamin Cracknell 65th 17.04

71 finishers – Team 1st, “B” team 7th, after 2 races Team 1st, “B” Team 12th

**Under 15 Boys & Under 17 Men – approx 4000 metres**

Nathanael Zapico (u15 – 1st) 6th 16.39

Beck Grover 9th 16.43

Adam Hughes 25th 17.13

Joe Smith (u15-4th) 27th 17.13

Jacob Fenwick 41st 17.51

Brett Rushman (u15-9th) 42nd 17.54

Miles Blackwell (u15-12th) 44th 17.59

Alex Stapleton (u15-20th) 56th 18.12

Stephen Bates (u15-21st) 57th 18.14

Elliott Breen (u15-26th) 62nd 18.19

Jamie Ives (u15-27th) 66th 18.25

90 finishers – Team 1st, “B” Team 8th, “C” Team 19th – after 2 races Team 2nd , “B” Team 12th, “C” Team 21st

**Under 20, Senior & Veteran Men – approx 9000 metres**

John Eves 10th 30.51

Ryan Faulkner 140th 35.05

Paul Greaves (v50-6th) 164th 36.03

Andy Holt (v50-11th) 209th 37.17

Jonathan Haynes (v60-1st) 225th 37.47

Mark Richmond (40-17th) 232nd 38.00

Bernie Barnaby (v55-6th) 280th 39.18

Dave Stephens 343rd 41.38

Sean Bowen (v50-31st) 350th 41.33

Peter Fitzpatrick (v60-4th) 362nd 43.02

Richard Bloom (v70-1st) 382nd 44.34

Stuart Mann (v70-2nd) 391st 45.04

Richard Foskett (v60-6th) 396th 45.31

Trace Allen (v70-4th) 440th 53.50

John Steed (v80-1st) 445th 56.26