

## SUFFOLK SCHOOLS CROSS COUNTRY ROUND 1 ROYAL HOSPITAL SCHOOL

The schools cross country season kicked off with the first round at Royal Hospital School Holbrook and the strength in depth of the West Suffolk AC endurance squad was evident in the results.

Over 2,000 runners from Suffolk schools took part. The races were divided into two sections, Western Area and the North/South Area except for the Senior Boys and Girls races where there was a single race for the whole county. The top 50 in each race progress to the next round.

The majority of the West Suffolk runners were in the Western Area section with upwards of 200 competitors in each race.

In Minor Girls (Y6&7), new squad member Sophie Tooley took a superb 2nd despite being bottom of the age group.

In Junior Girls Sam Carson led the way in 3rd with another new member Hetty Bawn an excellent 7th despite being bottom year. Sophie Barker 15th was followed by more new members Beth Tooley 42nd and Nancy Martin 49th. Lauren James finished just behind Martin in 50th.

Holly Archer and Sophie Tupman recorded a superb 1-2 in Inter Girls with Justine Anthony close behind in 4th, Montana Jackson, the English Schools Triple Jump champion, 6th and Grace Waters a solid 11th.

In the combined Senior Girls race Kayleigh Samuels had a steady run to 9th closely followed by team mate Emily Baker in 10th.

In Minor Boys Ben Eames narrowly lost a sprint finish for the win but was well clear of 3rd. Callum Morton in his first competitive outing placed a respectable 60th.

In Junior Boys the West Suffolk runners packed well with Michael Bartram 6th, Zak Ollington 8th, Eddie Mills 10th and Seb Anthony 11th while in the North/South section Cameron McKie took a superb 3rd while still bottom year and new member Toby Rankin not far behind in 5th.

West Suffolk Ac provided 5 of the first 6 finishers in the Inter Boys race. Simon Dawson, Calum Rutter, Macauley Delo, Adam Cripps and Archie Palmer. While Jack Anthoy (27) and Justin Haryluck (52) had solid runs. In the North/South Area Jake Hughs was disappointed with his run to 18th.

The Senior Boys again produced a strong all round performance with Alex Dunbar 2nd, Charlie Fry 6th, Alex Groiss 10th Dominic Thackeray 12th and a very under the weather Asa Burnett in 14th.

The next round of the competition is on 5th December again at Royal Hospital school with the top 50 from each area meeting each other and the top 50 then progressing to the County Schools final at Framlingham College on 18th January