A big congratulations to all our runners in the first XC of the season. Particular thanks to Matt East who stepped in at the Eleventh Hour (11.58am exactly) to complete our men's team. The team was Matt East(8 days before his Marathon), Tom East, Khalil Ghabaee(first ever XC), Barry Trowbridge and Alan Lewis(both less than 2 weeks after Berlin Marathon).

u/15 girls           32nd   Lita Short                                18.55

u/15 boys          42nd   Nat Willmore                          17.49

                           57th    Jacob Dunning                       18.41

u/17 girls           11th    Katrina Ashford                      21.06

u/17 boys          6th      Dom Willmore                        17.01

                          26th    Joe Mitchell                             19.09

Women             79th    Sarah Swift                              30.34

Men                  84th   Tom East (u/20)                     39.21

                          130th  Matt East                                 41.06

                          133rd  Barry Trowbridge                    41.11

                          199th  Alan Lewis                               46.08

                          240th  Khalil Ghabaee                       51.54

It would be unfair to single out any of our stars from Saturday so I congratulate one and all and look forward to the next event.

Finally a Big Thank-you to Annette Lewis Coach/Team Captain/Goffer who did not compete but had quite a work-out around the Course.