

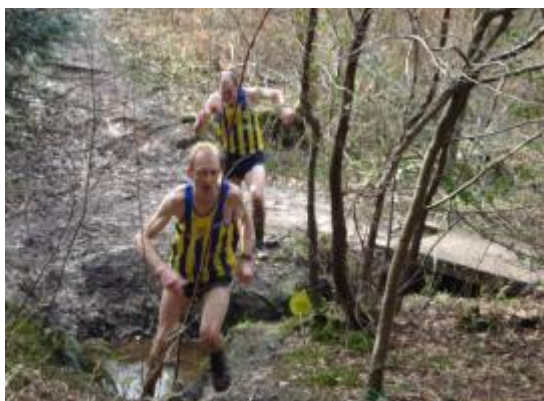
Report from Andy Howey:

There was an excellent turn-out of both runners and spectators for the ninth running of the TWH cross country championships in Hargate Forest on Saturday morning (see the [Cross Country Championship page](#) for details). The warm sunshine and still conditions were of little advantage to the eighteen hardy competitors, who had to endure some of the worst conditions underfoot for some years. The recent heavy rains had turned several areas of the course into a quagmire, with various parts being as flooded as the infamous 'Canal Turn'.

For the first of the three 1.8 mile hilly laps, a group of three closely contested the lead. Ed Peltor led from the off, with Terry Everest soon taking up the lead and Simon Whitaker staying closely in contention.



Terry had soon established a comfortable margin, until unfortunately enough to lose a shoe, so allowing Ed to catch him. Ed then forged into the lead, which he held to the line to become senior male champion in a time of 37:47. Terry finished in second place in 38:30, with Simon following only two seconds behind to take the M40 trophy at his first attempt.



Derek Harrison took the M50 title in 43:02, with Spud Taylor finishing in 73:07 to triumphantly regain the M60 trophy that he had last won some 8 years before.



In the ladies race, Jane Johnstone led from start to finish to take the senior ladies title in a time of 50:37. Lucille Joannes followed in 54:20 to win both the F35 and 45 trophies, and in spite of falling, Nina Foord took the F55 title in a time of 74:41.

Thanks to the runners for turning out, to Pete Burns, Cheeky and Sankey for helping to clear and mark the course, and to all of the spectators that offered so much encouragement. Special mention to the two competitors that made light work of the mud to be the only in the field to improve their times from last year: George Harris stormed round into 4th place to improve by a minute, while Peter Nuttall knocked a huge 3:40 off last year's clocking.



1	Ed Peltor	37:47	M Sen
2	Terry Everest	38:30	
3	Simon Whitaker	38:32	M40
4	George Harris	41:48	
5	Graham Dwyer	42:19	
6	Derek Harrison	43:02	M50
7	Matt Clarke	44:10	
8	Michael Russell	44:37	
9	Russell Smith	45:24	
10	Peter Burns	46:03	
11	Peter Lutch	47:35	
12	Peter Nuttall	48:05	
13	Jane Johnstone	50:37	F Sen
14	Phil Long	51:20	
15	Duncan Stacey	51:21	
16	Lucille Joannes	54:20	F35/45
17	Bryon 'Spud' Taylor	1:13:07	M60
18	Nina Foord	1:14:41	F55