

Report by Andy Howey.

The day of the twelfth [TWH cross country championships](#) dawned bright and frosty, with the course in Hargate Forest frozen in many places. However, by the time the twenty five competitors lined up for the start, warm spring sunshine bathed the woodland leaving many stretches of deep mud from the previous day's heavy rain on the 1.8 mile circuit. Nevertheless, the warm conditions made for a fast race, with the winning time being the fastest for four years.

Andy Howey and guest runner Nick Barrable set a rapid pace for the first lap, reaching the start of the second lap in 11:04. Nick took over the lead at the top of the steep bank, and forged on through the third lap to the finish to record an excellent time of 33:55 for the 5.4 hilly miles. Andy followed 21 seconds later to take the club senior men's title and M40 award. Terry Everest finished in third place in 37:05, and Patrick Bareham fourth in 38:56.

In the ladies race, Siân Roberts took both the senior and F35 titles in a time of 44:59, closely followed by Ali Fleming in 46:05 and Jillian Holford in 46:47, both in their first runs in the championship. The F45 title was taken by Lucille Joannes in a time of 58:53.

Course record holder Mark Taylor improved on his time of last year to take the M50 trophy in 41:14, and with no M60 finishers, the next male category to be awarded was the M70 title which went to Bryon 'Spud' Taylor.

Thanks to the runners for turning out, to George and Rosie, Mike Russell and Mark Taylor for bringing in all the course markers afterwards, and to Ed Steele for his multi-tasking effort as photographer, timekeeper and marshal.



1	<i>Nick Barrable (guest)</i>	33:55	
2	<i>Andy Howey</i>	34:16	<i>1st MSen, M40</i>
3	<i>Terry Everest</i>	37:05	
4	<i>Patrick Bareham</i>	38:56	
5	<i>Chris Smith</i>	40:59	
6	<i>Mark Taylor</i>	41:14	<i>1st M50</i>
7	<i>George Harris</i>	41:48	
8	<i>Neil Clark</i>	42:18	
9	<i>Mike Russell</i>	43:17	
10	<i>Steve Bright</i>	43:41	
11	<i>Simon Holford</i>	44:25	
12	<i>Derek Harrison</i>	44:28	
13	<i>Siân Roberts</i>	44:59	<i>1st FSen, F35</i>
14	<i>Ali Fleming</i>	46:05	
15	<i>Ian Wadey</i>	46:19	
16	<i>Jillian Holford</i>	46:47	
17	<i>Becky Smith</i>	47:15	
18	<i>Phil Long</i>	48:59	
19	<i>Martin Reynolds</i>	50:40	
20	<i>Peter Nuttall</i>	50:50	
21	<i>Jackie Morton</i>	55:37	
22	<i>Amber Halton</i>	57:31	
23	<i>Lucille Joannes</i>	58:53	<i>1st F45</i>
24	<i>Rosie Harris</i>	1:00:41	
25	<i>Bryon 'Spud' Taylor</i>	1:11:49	<i>1st M70</i>