

Hi All

Our Men's team were blessed with dry weather for the final Surrey League Cross Country fixture of the season at Wimbledon Common on Saturday afternoon. A strong turn-out of 18 runners boded well for our last gasp attempt to get into 2nd place overall in the league to earn automatic promotion into division 2.

The 5.28 mile, 2-lap course turned out to be reasonably kind, compared to some of the season's earlier races, with some long flat and downhill sections punctuated by one short sharp slope at the end of each lap and a couple of sections of swampish mud!

On the day, the depth and strength of 26.2RC's team just proved too much for us. They took 2nd on the day to cement their 2nd position in the league overall; team standings for the race, and final positions for the league, shown below:

Division 3, Match 4 – Team Results (top 5 only)

1. Vets AC	232
2. 26.2RC	289
3. Clapham Chasers	355
4. Elmbridge RR	411
5. British Airways	442

Division 3, Final Standings

1. Clapham Chasers	1163
2. 26.2RC	1220
3. Elmbridge RR	1515
4. Runnymede	1730
5. British Airways	1753
6. Vets AC	1904
7. Holland Sports	1913
8. Woking AC	2252
9. Epsom Oddballs	2939

Despite missing out on promotion, on Saturday I think we showed again that we can run strong as a team and that we won't be down in Div 3 for much longer. Hang up the spikes for now... but roll on next season. Full results for our runners are shown below, thanks and well done to everyone who made it along and participated. Particular congratulations go to Matt Alexander for continuing a string of strong performances from the end of 2009 by leading the team home; and to Andrew Moreton and Mike Hilton – both pulling on an Elmbridge vest for the first time and ending up as key points scorers on the day.

Elmbridge Results (race positions from field of 129 runners)

12. Matt Alexander	31:49
13. Kevin Armstrong	31:56
19. Chris McCormick	32:38
40. Andrew Moreton	34:36
45. Mike Hilton	34:53
46. Ash Meghjee	34:55
54. Graham Shaw	35:31
62. Jon Samuel	36:18
63. Stefan Skwara	36:18
64. Mike Bruce	36:21
65. Paul Sweeney	36:35
67. Rich Nicholson	36:39
68. Darrell Bradshaw	36:48

74. Adam Hecquet	37:32
91. Roger Jackaman	39:35
94. Nigel Waller	39:56
98. Eddie Howard	40:33
102. Stephen Ind	41:08

Kind regards
Kevin

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