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**Alan Newman's athletics reports appear in the Kent Messenger each Friday**

### **KENT MEN'S CROSS COUNTRY LEAGUE**

Mike Coleman already has one hand on the men's individual trophy and Medway and Maidstone AC continued their challenge for both team titles in the Kent Men's cross country league match on an undulating course at Somerhill School, Tonbridge on Saturday, writes Alan Newman.

Coleman saw his winning margin reduced from over a minute in the first race at Capstone Park to twelve seconds from the 25-year-old 800m and 1500m track specialist, Ben Wiffen of host club, Tonbridge AC.

Dean Lacy of Cambridge Harriers completed the podium 23 seconds in arrears followed by the consistent Julian Rendall, who looked to have set Tonbridge up for a home victory with M45 master, Graeme Saker (11th).

Medway and Maidstone finished strongly with Tom Collins (8th), Ben Tyler (9th) and Adrian Lowther (17th) across the line before a cold ridden league champion, Huw Evans (22nd), could complete the Tonbridge quartet.

Medway and Maidstone won the four to score match by four points from Tonbridge AC with Dartford Harriers third. Paddock Wood AC finished in a creditable sixth place, with Paul Hasler (16th) and Gareth Robb (18th).

Junior talent Josh Elderfield (20th) led the Medway and Maidstone twelve to score complement to victory over Tonbridge AC and Bexley AC to consolidate his club's position at the top of the table with two matches remaining.

The final men's league fixtures are at Danson Park, Bexley on December 5 and Parkwood School, Swanley on February 13.

### **KENT WOMEN'S CROSS COUNTRY LEAGUE**

Grace Nicholls and Deirdre McDermot reprised their first race battle at Capstone Park to lead Tonbridge AC to victory in another closely fought Kent Women's cross country league at Tonbridge on Saturday, writes Alan Newman.

Nicholls is flourishing following her transfer from Invicta East Kent and on home soil was 25 seconds clear of defending league champion, McDermot. Vicky Rukin (18th) completed the Tonbridge team with a mirror image of her previous performance at Capstone Park.

Clare Elms (W45, Beckenham), Helen Wheeler (W40, Folkestone) and Annabelle Stearns (W35, Gravesend) finished next and all three are masters. Wheeler retains the lead in the masters' category from Sharon Hawkins (W45, Invicta) from Maidstone, who was seventh in this race.

Tonbridge AC defeated Folkestone Running Club and Beckenham Running Club in the team race. Medway and Maidstone improved to sixth place with Amy Skinner (11th) their best placed athlete.

### **KENT YOUNG ATHLETE'S CROSS COUNTRY LEAGUE**

Tonbridge AC dominated the under 13, 15 and 17 boy's races in the Kent Young Athlete's cross country league at Somerhill School on Saturday, writes Alan Newman. George Duggan, Charlie Josh-Allen and Robbie Farnham-Rose led their respective teams to victory over Medway and Maidstone in all three events.

Duggan took the under 13's race from team mate Tim Faes, with Ben Murphy (6th) leading the M&M challenge. Josh-Allen was victorious at under 15 level from his colleague Tom Devlin, with James West (6th) the best of the M&M contingent.

Farnham-Rose was chased hard to the line by Adam Gilbert of M&M in the under 17's race, where the next five finishers all wore the Tonbridge vest. Robert and Alasdair McDonald (Cambridge Harriers) were first home in the under 20's race, where Invicta East Kent enjoyed the team success.

Tonbridge and Invicta also shared the spoils in the girls' races. Invicta won the under 13's with Tonbridge third and Medway and Maidstone fifth. Bobby Clay of Invicta was the race winner with Sian Driscoll (2nd) of Tonbridge and Jacinta Barham (19th) of M&M leading for their respective clubs.

Alice Wood of Tonbridge won the under 15's race from Alex Clay of Invicta. Tonbridge won this age group and Medway and Maidstone were fifth team with Rebecca Brenton (22nd) heading the squad.

Lucy Reid of Tonbridge took the under 17's from Cerys Sanders of M&M. Tonbridge claimed the team win from Blackheath and Bromley Harriers. Invicta East Kent won the under 20's race with Cath Lough first across the line for the winning team.

The full results are at [www.kcaa.org.uk](http://www.kcaa.org.uk)

**Alan Newman**