



RAC AGM 2019  
Tuesday 26<sup>th</sup> March 2019



### Mini League Cross Country – AGM Report 2019

This year's cross country season saw a whole load of new athletes and cross country first-timers as well as some of our regulars – albeit some in new age categories! We had a whole plethora of weather conditions from warm sunshine at Retford, to torrential rain in Newark. But no snow this year!

It was my first time going to the Worksop match, and I was impressed by the picturesque surroundings of Worksop College – as well as the hot drinks and bacon cob stand! Well worth the trip! Santa also made an appearance, and of course we had the parents' race – which was effortlessly won by our very own Coach and Mini League Team Manager, Steve Dickens!

Smiles, bravery, determination and excitement were always aplenty amongst our awesome RAC athletes. We had Ellie Sayers overcoming her fear of the starting gun to race in 4 out of the 5 matches; we had children running through painful stitches or hurting ankles; we had Joe Horseman grinning away with dirty hands after picking himself up from a fall; and we had all those superstars battling through the rain – still with smiles - at Newark when the rainy conditions could well have dampened spirits! But not ours! What a club!

RAC turnout was great, with a total of 116 different athletes taking part across the 5 matches (with 17 of those attending all 5!). However, one of the highlights of the season was Project 100! and reaching an amazing 104 athletes signed up to take part in our home match at Rushcliffe Park. Some illnesses, injuries and poor weather conditions first thing meant that the actual number of runners dropped to 90 in the end – but still a record number! Well done and thank you to everyone – and also to parents for giving up your Sunday mornings to transport your child and support the club.

After 4 consecutive years of winning, RAC passed the Mini League XC trophy this year to Notts AC. However, we came in third overall, and only 39 points behind the winners! We also won team golds in the U11 boys and U13 boys, with team silvers for the U11 girls and for the U15 boys. Special mentions to Thomas Bavin who completed all the matches and got individual gold; to Will Clay who also got individual gold; and to Daisy Oldridge who got an individual bronze. We also had a number of athletes who narrowly missed out on individual medals ... hope to see you guys 'on the podium' next season (Lucia, Marcus, Joshua)! With the huge number of new, talented U11s we had competing for the club this year, along with our committed regulars, we are really confident we can win the trophy back very soon!

Having now turned 15 years old, Rushcliffe was also, of course, James Wardle's last ever Mini League match! Whilst watching him putting on his spikes, I asked if he felt sad, knowing it was his last Mini League race. He smiled, nodded and told me that Cross Country season, and particularly Rushcliffe Park, would always give him a sense of nostalgia for the Mini League. He then finished tying his laces, loped off to the start line and jogged round the race to get first place in his last ever Mini League. And so the season ended!