

RAC – Cross Country 2022-23 Season

Some fantastic performances and fun has been had this winter. The RAC tent has just about survived too! Numbers have grown through the season and we hope to build on this plus the success of the juniors at mini league. Below is a breakdown of the events we have been involved in.

North Midlands XC League

Our vet ladies had targeted this series of races and came away with a silver team medal. An incredible achievement. Fewer men and juniors raced this season. We will try and raise its profile for next season.

British Masters XC Relays – Long Eaton

Medals for our ladies! Bronze and Silver for the V35 and V55 respectively and a National Silver for our V55 teams. Some battling performances from our men too!

English National Cross Country Relay Championships – Berry Hill

This really is a fantastic event. Some great team and individual performances in a very high quality field. Our U13 girls placing best of the RAC teams in 31st. We are looking to field more teams next year and will be selecting athletes to represent the club. We are looking to translate our mini league and east mids form into this event.

Notts AAA County Championships

There were medals galore for RAC athletes at the county championships. The course was moved at the last minute to Bulwell as Markeaton was flooded. An early downpour drenched the younger athletes and left the course very muddy for the older ones. The highlights from the medals were a gold for our U11 boys team and individual gold for Cherra Todd-MacIntyre. Lots of other podiums and athletes qualifying to represent Notts.

East Midlands XC League

A bigger turnout from us at this event. It was good to see some of our younger athletes mixing it with the older ones. Ages 15 and above could compete this season. Some great courses and great running in the 4 races in 4 week format.

Schools XC Championships

Whilst wearing their borough vests at the county championships many of our RAC juniors qualified to represent their county at the National Championships. This is just reward for some athletes who have worked so hard this winter and competed hard with smiles on their faces! One notable result was Sofia Chesterfield who became Y8/9 Notts county champion, Sofia is only Y8!!