

## **RAC – Mini League Cross Country Manager’s summary 2022/23**

We WON!!!! For the first time in 5 years RAC won the mini league cross country series.

We had a slow start at Retford in September with only 19 athletes in all, not helped by a clash with the RHHM. Most concerning was that where we usually field a mass of U11 athletes we had only 5, and of these only 1 was a ‘new’ inductee, raising concerns that newer members who had joined ‘post covid’ were not engaging with events.

The 19 that ran managed to hold on to 3<sup>rd</sup> spot in the first fixture nevertheless.

With some ‘reaching out’, a crash course in mail merge and slight change in tack from ‘asking’ to ‘selecting’ we fielded 60 plus in our home fixture (despite half term clash) and most impressively around 45 at the final 3 fixtures, including a bitterly cold morning in Worksop.

Strength in numbers paid off and we won fixtures 2,3 & 4 and 2<sup>nd</sup> only by 5 points in the last fixture meant a comprehensive win overall.

This was a proper team effort with 8 individual medals, wins in the u11b and u15g age groups and 2<sup>nd</sup> place finishes in all other categories.

A great season bought to a close with great pizzas!

Steve D