

Cross Country Championships Report

The XC Championship races returned after a year's hiatus due to Covid and it was great to see RAC athletes, young and old, donning their spikes to test themselves against the best.

County XC Championships - 9th January, Berry Hill, Mansfield.

RAC athletes turned out in force across all the age groups and took home a mammoth haul of 36 medals.

Individual County Champions: Adam Paget, James Wardle, Lizzy Edge, Cheralynne Todd McIntyre.

Team champions were our U11 boys and U17 men and our 3 Senior Ladies took home the team trophy with a combined age of 150!!

Some top performances meant that RAC had a strong representation for the Inter County Championships in March

Midland XC Championships - 29th January Berry Hill,

The blue vests of Rushcliffe AC made the trip North to Mansfield yet again in January to tackle the best athletes in the region. Conditions were challenging to say the least with some fierce winds which put paid to several club tents!

Lizzy Edge romped home to the bronze medal in the U20 ladies race before James Wardle went one better with silver in the U20 race! Joseph Tuffin stepped up to the Seniors and placed a very creditable 17th - a lap ahead of his dad Russell and coaches Jonathan, Danny & Graham.

National XC Championships - Parliament Hill, Hampstead Heath, London - 26th February

The National Championships returned to the spiritual home of Cross Country running - Parliament Hill in North London and RAC ran a club trip to the what is considered the highlight of the Cross Country season. Thankfully Storm Eunice hit the weekend before (taking out some forty trees at Hampstead Heath) and so the RAC "National Express" was rewarded with blue skies on arrival and the early start meant once again the RAC club tent had pole position at the top of the hill looking down at the start line with the London skyline as the backdrop...got to be the best view to a start of a cross country race anywhere! It was great to see so many young RAC athletes experiencing this colourful XC spectacle for the first time. The previous week's storms left it incredibly muddy underfoot and the hilly course made for some very challenging conditions but every one of the RAC athletes battled and raced hard against the best in England. Next year the National Express heads North to Harewood House, Leeds. Roll on!

Danny McIntyre