

Runaway successes at the Showground

ATHLETICS

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The Norfolk Schools Cross Country Championships were held at the Norfolk Showground just outside Norwich and there were some outstanding individual performances.

In the under-17 boys' event Jack White led from the start of the 5.25 km race and built up a big lead over the field. Will Mahoney ran well to take second place.

Nelly Porter was dominant in the under-17 girls' 4 km race and finished well ahead of second placed Rachel Bruce.

The Norfolk Schools event was being used as a build up to the English Schools championships that will be held at the showground in March.

In the senior boys' 6.5 km race Jake Stearman was another to build up a big lead, with Benedict Swift following in second place.

Millie Solway finished first in the senior girls' 4 km race with Amy Clark occupying second place.

Many of the athletes found that the courses were tougher under foot than they thought they would be, although the weather conditions for the championships were just about perfect



■ Above and left, competitors in the junior girls' race at the Norfolk Schools Championships put their best foot forward.

while the grassy courses were far from smooth.

In the under-13 girls' 2.5 km race Memphis Symonds and Tia Crane fought for the lead, with Memphis prevailing in the long finishing

straight. Both were well ahead of the rest of the field.

Oliver O'Malley was a clear winner of the under-15 boys' 4 km race.

The championships were more than just about individual perform-

ances, they were about participation too.

Over 400 young athletes took part in the tough sporting event. Many will be looking for a performance that will see them selected for the



Northampton in February while the top prize of course will be selection for Norfolk in the English Schools championships in March.

The last time this prestigious event was held in Norfolk was back in 2005.

Club athletes will also be looking forward to the Southern championships at Parliament Hill in London on Saturday.