**National Cross Country Championships**

**22 February 2015**

**Callendar Park, Falkirk**

The National Cross Country Championships took place last weekend at the usual venue of Callendar Park in Falkirk. This is the finale to the cross country season for many runners and it was very well supported this year with the highest number of entries overall since 1995. It was a very cold and wet day and the course was very muddy but I think most of the athletes enjoyed it. There were a few changes to the course from previous years which made it better for spectators. Andy Sobik and Stuart Tait had pitched our tents in a great location ready for the start of the races.

First off were the under 13 boys and with a few last minute withdrawals we did not have a team. However, the two athletes running acquitted themselves very well with Graham Lambert finishing in 40th place in his first race and Kurt Robertson finishing in 86th.

Next race was the under 13 girls and we did have a complete team. Hannah Little led the team home in 58th place. Ellie Baxter was 109th closely followed by Kaerdy MacDonald 113th and Abby McGlone completed the team in 141st .

 In the under 15 boys race we also had a complete team and some fine performances, Magnus Tait was first Lasswade runner home, finishing just inside the top 20 in 18th place. Jamie Darling was next to finish in 39th, Thomas Snodgrass was 88th, Euan MacKay 116th with Daniel Kelly, Ben Keay and Euan McAlister close behind in 118th, 121st and 128th respectively.

Our under 15 girls team have been performing well all season over the cross country so we thought that this would be our best opportunity for an individual or team medal. However, there were some injuries and holidays so we needed all four girls to finish the race as it was four to count for the team. The girls all stepped up to the plate, as expected and as they have done all season, with Sarah Tait and Lauren Dickson battling it out towards the front of the field and finishing 4th and 5th respectively. Eilidh Brown was next home followed by Lauren Wilkie. The girls picked up a bronze medal which was fantastic and has rounded off a great season for them all. It was great to see Eilidh and Lauren Wilkie collect a medal with Sarah and Lauren Dickson.

Cameron Steven was unable to finish the under 17 men’s race, not feeling 100% he was sick during the race and had to drop out. Kyle Mackenzie led the Lasswade runners home in 61st place with team mate Sam Talebi finishing 74th.

Amy Frankland representing Edinburgh University Hare & Hounds (but really a Lasswade athlete) finished 12th in the under 20 women’s race.

The senior men’s race was the final race where we had athletes running. We had eight men competing, leading them home in 79th place was the fast finishing Martin Gore ( I think he was 90th going into the last 50m), Owen Miller was next to finish in 145th, followed by Paul Benham 199th and Doug McDonald 427th. Ben Mitchell was the first of our masters to finish in 328th, with Scott Dickson 384th, Gavin Calder 475th and Phil Parr-Burman completing the team in 485th.