

English Schools Cross Country Championships

Pontefract

Saturday 16 March 2024

Sophie Jacobs and Lily Farr Star for Bedfordshire

Sophie Jacobs (Cedars) and Lily Farr (Redborne) were the stars of the show for Bedfordshire Schools at the English Schools Cross Country Championships held at Pontefract Racecourse on Saturday 16th March.

Sophie set her stall out early in the Senior Girls race always in the top ten of the Senior Girls where she finished a magnificent 6th, backing up her silver medal in the National Inter Counties event the previous week and her 4th place in English Schools Intermediate race in 2023.

Meanwhile in the Inter Girls race, Lily was boxed in the stampede of 343 runners at the start and found it difficult to negotiate the phalanx of runners spread across the course in front of her. As space eventually began to open up, she worked her way through the field from 75th place to finish an outstanding 21st - only 10 seconds behind 10th place and an international vest.

Theo Beale (Lincroft) enjoyed a good run to finish 88th in a field of 329 runners and to lead the Inter Boys team to 18th place amongst the 45 competing counties.

Five other athletes finished in the top half of what were very competitive fields.

Many thanks to the team managers Craig Philips and Tanya Fearon for all their hard work up to and on the day; and also to Leah Relton and Alex Stark for their assistance on the day. They commented that all members of the team had tried their best and were a delight to take.

Full results can be found on the Power of Ten website:

Power of Ten - results- Sat 16th March - ESAA English Schools Championships