

### **Three Counties Cross Country - Bedford - 28<sup>th</sup> February 2010**

Biggleswade AC finished off the cross country season in fine style at Priory Park in Bedford on Sunday. An impressive 31 Biggleswade runners turned out in conditions that almost required snorkel and flippers. BAC finished in 5th place overall (men and women combined); their best result of the five event Three Counties competition.

The men were 5th out of 13, also a season's best. Ever present Vince Plosky led the men home despite going for a dip in one of the wetter parts of the course. He was followed home by Lee Welham, Dan Croft, Phil Redden and Gavin Elliot. This was Gavin's last cross country for Biggleswade AC before heading off to hillier pastures new. He has been an absolute star for the club and will be greatly missed. The fast improving Jon Balaam and Adam Murphy completed the scoring team.

But the stars of the show were Biggleswade Ladies, who won the Bedford event and clinched the series title. This is the first significant trophy won by the club in its 59-year history. Once again strong running Juliet Naylor was Biggleswade's top scorer, finishing second. Juliet also secured 3rd place in the ladies competition for the season. Fine runs from Isobel Everest (5th) and Tracey Patmore (7th) completed the best ladies score and performance for the league. Fiona Hunter was awarded a series trophy for 3rd Lady Vet 35.

After the trophies were presented and the champagne corks were popped, Biggleswade were left to reflect on their status as a small club with a bit heart and plenty of ambition.