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Alan Newman's athletics reports appear in the Kent Messenger each Friday

KENT WOMEN'S CROSS COUNTRY LEAGUE

Deirdre McDermot has one hand on the Cliff Temple Memorial individual trophy following the third Kent Women's cross country league race of the 2011-12 season, writes Alan Newman.

The 2009, 2010 and 2011 champion looks set to take a fourth consecutive title after a commanding victory in perfect conditions at Danson Park on Saturday. The Tonbridge School teacher from Ireland led from gun to tape and once early pressure from top junior, Emily Hosker-Thornhill of Invicta East Kent, had been resisted there was only going to be one winner of this race.

Shavaun Henry of Blackheath and Bromley Harriers came through for second place, 46 seconds in arrears, as Hosker-Thornhill resisted the late challenge from the 2008 champion, Helena Penfold of Medway and Maidstone AC.

Nadene Weed of Maidstone Harriers was first W35 master in fifth place and Clare Reeves of host club Bexley AC completed the top six ahead of Nicola Groom of Larkfield AC, who progressed from twelfth to seventh place on the second lap.

Leading athletes in the higher age groups were W45 Helen Garrett (24th) of Beckenham Road Runners and W55 Lesley Hall (36th) of Ashford AC. There was another strong field of 110 finishers.

Blackheath and Bromley Harriers took the team win from a close tussle between Invicta East Kent and Tonbridge AC, with Medway and Maidstone leading the rest. Tonbridge still leads the league table from Blackheath and Bromley and Medway and Maidstone.

The final Kent Women's league race is at Parkwood School, Swanley on February 11 next year.

Alan Newman

KENT YOUNG ATHLETES CROSS COUNTRY LEAGUE

Three different clubs provided individual and team winners in female races in the Kent Young Athletes cross country league at Danson Park on Saturday, writes Alan Newman. Tonbridge AC continued to dominate the male age group races but there was a chink in the armour exposed by Medway and Maidstone and Thanet Road Runners in the under-13 category.

The absence of under-13 league leader, Tom Kendrick of Tonbridge, gave Alasdair Kinloch of Thanet and Scott Rowatt of Medway and Maidstone the chance to step up one position, with Jamie Goodge of Tonbridge in third. Medway and Maidstone AC maintained good progress to take their first team win this season from Tonbridge AC and Blackheath and Bromley Harriers.

League champion, George Duggan of Tonbridge, took his third under-15 race of the winter from Jack Goss of Ashford AC and James Pitcher of Invicta East Kent. Ashford AC and Bexley AC were the teams chasing Tonbridge home.

Laurie Probert led a clean sweep for Tonbridge in the under-17 race. Sean Molloy and the consistent Corey De'ath created an unbeatable team score. Bexley AC and Medway and Maidstone were chasing shadows in vain.

Tonbridge AC was even more dominant in the under-20 men's race, with the top five finishers. Robbie Farnham-Rose, Henry Pearce and Luca Russo put the team race beyond doubt, with Tom Cox and Ryan Driscoll in support. Farnham-Rose ran for Britain in the European Cross Country Championships last year and was eighth in the 2011 World Youth Championships 1500m.

Naomi Kineston and Jessica Keene led Blackheath and Bromley Harriers to victory in the under-13 girls' race. Emily Bond of Thanet Road Runners was third in an exciting finish that saw less than 20 seconds cover the top six. Medway and Maidstone and Tonbridge were the next two teams.

It was business as usual for under-15 league champion, Bobby Clay of Invicta, who enjoyed a third race win of the winter by 43 seconds from Anna Weston of the leading Invicta team and Tilly Ellis-Jarman of the improving Thanet Road Runners. Tonbridge and Blackheath and Bromley provided the nearest team challenge.

League champion, Nicole Taylor led the under-17 race for team winners Tonbridge AC, with Ellie Hume of Invicta East Kent and Alice Wood of Tonbridge completing the rostrum. Blackheath and Bromley Harriers and the host club Bexley AC were the best of the opposition.

The Kent Young Athletes' cross country league concludes at Sparrows Den, West Wickham on December 3.

Alan Newman