

# Dartford Harriers Athletics Club

February 2025 Update





# Sunday 2<sup>nd</sup> February - Kent Fitness League Cross Country - Allhallows



The 5th race in the 2024-2025 KFL cross country was last Sunday at Allhallows. This should have been the 6th however Betteshanger County Park had unfortunately been cancelled due to icy conditions.

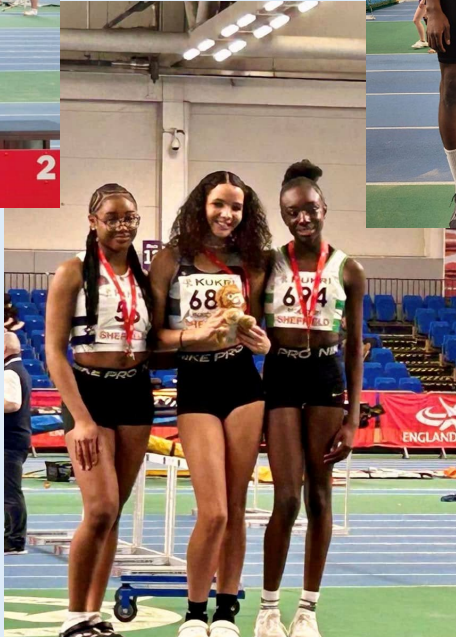
We had 6 men and 5 women take part totaling 11 DHAC athletes, 6 of whom finished top 10 for their categories!

This was a very tough and tricky course and a real challenge to all runners! As always thank you to the organisers, marshals and volunteers for their contribution and support.





# 8/9 February - England Athletics U15/U17/U20 Indoor Championships 2025



Fabulous weekend for our athletes at the Nationals! We are incredibly proud of them all! Just reaching the standard to be able to compete is an achievement in itself so to medal in such a tough competition is incredible!

We had 3 of our 7 athletes walk away with a medal and two achieve new PBs and indoor club record for their category!

## Day 1

Zoya - PV (U15) - 2.88m - 3rd  
Izzy - PV (U15) - 2.58m - 9th  
Rahman - TJ (U17) - 13.87 - 4th  
Bella - LJ (U20) - 5.94m - 4th (new PB and indoor club record)

## Day 2

Talia - 60mH (U15) - 9.02 - 1st (new PB and indoor club record plus number 1 in the UK for her category)  
Rahman - LJ (U17) - 6.68m - 3rd  
Michael - PV (U20) - 4.25m - 6th  
Andrei - PV (U15) - 2.41m - 12th

The support our athletes receive from their coaches and families is hugely appreciated.





# Saturday 8th February - Kent Cross Country League



The 5th and final race in the 2024-2025 Kent Cross Country League was held on Saturday at Norman Park.

We had 10 athletes in men's race and 2 in the women's race.

2 of our athletes finished in the top 10 for their categories. Sam finished 27th overall and 7th place for his category in the men's race and Sarah finished 12th overall and 8th place for her category in the women's race!



# 9<sup>th</sup> February 2025: Farnborough Winter Half Marathon



We had 3 of our athletes, included in the 2399 runners, run the Farnborough Winter Half Marathon.

Barry finished in 1:10:02 placing 7th overall and 2nd in his category (V40).

Hannah finished in 1:24:24 placing 12th lady and 4th in her category (V40).

John finished in 1:36:58 placing 536th overall and 4th in his category (V65).

This was a very chilly race with incredible strong competition! They all done amazing and finished in fantastic times!





# Saturday 22<sup>nd</sup> February – English National Cross Country Championships



Amazing performance at the National XC Champs at the iconic Parliament Hill. [English Cross Country Association](#)

We had 19 athletes in total run.

5 x SnrM, 1 x SnrW, 1 x U17W, 1 x U17M, 5 x U15G, 3 x U13G and 3 x U13B.

The conditions were incredibly muddy making the tough course even more challenging but that didn't stop our athletes having a great race



# Sunday 23<sup>rd</sup> February -

## Kent Fitness League Cross Country – Blean Woods



The final race in the 2024-2025 KFL cross country was on Sunday at Blean Woods.

We had 4 men and 5 women take part totalling 9 DHAC athletes! The course was very muddy but our athletes loved the challenge! Huge thank you as always to the organisers, marshals and volunteers for their contribution and support.

Special thanks must go to our team captains Paul Dawes and Stephanie Wood who for the past few years have given up so much of their time to help grow our team and encourage our athletes to participate. They, alongside our biggest supporter Donna Dawes, have been there providing moral support, guidance and ensuring our runners always finish each race with tea, cake and a smile!

We finished 7th place in the combined team competition with our ladies team finishing 6th and men's team 8th. Here's to the next season!



# March Events

There are no league fixtures in March but that doesn't mean that the hoops are resting –

- 2<sup>nd</sup> March – Dartford Half Marathon
- 8<sup>th</sup> March – Inter-Counties Cross Country Championship
- 8- 9 March - England Athletics Combined Event Championships
- 9<sup>th</sup> March – BFTTA Open
- 9<sup>th</sup> March - British Masters Half Marathon Championships
- 15<sup>th</sup>-16<sup>th</sup> March - Kent Indoor Championships
- 22<sup>nd</sup> March - Minithon (u12s)

