



Home Countries International Saturday 7th February 2026 – Team managers' Report

U20 Junior Women & Senior Women

The Home Countries International XC race took place on Saturday 7th February at the iconic Parliament Hill fields in London. The event featured elite representative teams from England, Scotland, Wales, and Northern Ireland, alongside English area teams (North, South, Midlands, and East).

The race was marked by challenging, muddy conditions on a 2km multi-lap course designed to enhance spectator visibility.

First race for the Midlands team was the U20 Junior Women. All 4 athletes were making their Midlands debuts after strong runs at the Midland Cross Country Championships a few weeks ago. It was a great experience in extremely muddy conditions for all 4 athletes against some of the top athletes in the country.

18th Madeleine Jacks (308)

24th Isabella Porteus (309)

31st Megan Sayers (311)

39th Jessica Salt (310)

Unfortunately, due to last minute withdrawals due to illness and injury the Midland Senior Women's team only had 2 runners. After all the races before the Senior Women's race, the course was very cut up by now making conditions extremely challenging.

Both Megan Marchant and Katie Latham, who was making her midlands debut at the age of 40, both wore the vest with pride. Megan has competed for the Midlands several times now and always puts in a gutsy performance, once again showed her class, though a little disappointed with her performance she showed again what a great cross country runner she is, finishing in 18th position. Katie was understandably nervous making her debut, but a strong performance showed she belonged on this scene against athletes much younger than herself. Both should be very proud of their performances.

U20 Junior Men & Senior Men

This year's Home Nations was held within the X challenge at Parliament Hill London .

The weather made conditions perfect for an old school XC on a 2k loop, spectating was good, seeing vast amounts of the course from whatever point you stood .

The U20 Junior Men's team made a good start, grappling with the traditional Hill start , once on the loop they started moving through the field consistently. Ash Burgess just missing out on a podium spot finishing in a brilliant 4th place. James Neilson was a solid 26th followed by Isaac Mohan making his debut, coming home in 32nd spot.

The Senior Men were last to go with the biggest field of the day.

From the gun the pace was fast with the field pushing one another all the way, places were changing consistently throughout the race.

Jack Millar led the Midlands men, coming home 5th followed by Lee Gratton 16th, then came the 2 debutants Joe Wilkinson 22nd and Sam Juson 29th.

Great performances by all the teams

Well done everyone.