**Ridge wins bronze at South of England Championships**

Freya Ridge, from Tonbridge Athletic Club, won a bronze medal in the under 17 women’s High Jump, at the South of England Indoor Championships, at the weekend.

The championships were held at Lee Valley Athletics Centre in North London, with events covering the under 13, 15 and 17 age groups and being held across Saturday and Sunday.

Ridge cleared a height 1.60 metres, which was an outright personal best, bettering her mark from last Summer by three centimetres.

Also, in the under1 7 age group, Emily Bowart ran well to make the 400 metres final, in what was her first indoor outing at the distance. Bowart ran 59.30 in the heat and then finished sixth in the final with 59.33. Both times were an improvement on her overall best set last Summer of 59.9.

Elicia Lacey qualified for the under 13 girls’ 60 metres final, where she finished seventh in 8.72, having run an 8.70 clocking in her heat.

Tom Daly finished fourth in the under 15 boys’ 800 metres final, in his first championship race at the distance and recorded 2.24.01, whilst also finishing eighth in the Long Jump with 4.51 metres.

Tonbridge AC hosted the latest in their monthly series of one mile cross country races, on Sunday, for under 12s. William Bachelor was first home in 6.31, whilst Megan Low was the first girl to finish in 7.12. The next race will be held on Sunday 9th February, with entry on the day at 2pm and will be held at Judd School’s Vizards Sports Fields, on Lower Hayesden Lane. The race is open to all children under 12 with a medal being awarded to each finisher.