



Essex Veterans Cross Country Champs – Writtle College Sat 3rd December

The first individual cross country championships of the winter produced an individual silver and team bronze at the Essex Veterans Championships at Writtle University Collee on Saturday.

Rob Warner continued on the comeback trail from his bout of COVID with a good run to claim the silver medal and lead the Vet 40 team home into third place and team bronze. The scoring team was made up of James Blogg in 15th, Barry Smith 17th and Ian Anthony 18th – the first medals that Barry and Ian have won in many years with the club. Rob Trevor, was one place behind Ian and Jason Crispin in 23rd completed the Vet 40 team.

Dan Meredith 19th and Graham Hogan 21st flew the flag for the incomplete M45 team and M55 Darren Priestley took part in the M40-49 event finishing 60th overall.

The Vet 50 team of Steve Rand (11th), Martin Chester (17th), Gary Atkins (18th), Steve Walker (20th) and Roy James 39th were just run out of the medals by two points. John Barker and Tony Pecoraro both ran well in their age groups placing 16th and 8th in their respective M55 and M60 categories.

There were just two ladies in action. Clare Rudgeley was 22nd in the W45 event and Tracy O'Neill 16th for the W55s.

Men 40-44: 2nd Rob Warner 29:53; 15th James Blogg 32:20; 17th Barry Smith 32:35; 18th Ian Anthony 33:17; 31st Rob Trevor (19) 33:18; 38th Jason Crispin (23) 35:03;

Men 45-49: 19th Dan Meredith 35:58; 21st Graham Hogan 36:26; 60th Darren Priestley M55 38:25

Men 50-54: 11th Steve Rand 34:08; 17th Martin Chester 35:15; 18th Gary Atkins 35:22; 20th Steve Walker 36:11; 39th Roy James 39:52. **Men 55-59:**; 16 John Barker 37:23; **Men 60-64:** 8th Tony Pecoraro 36:38

Women 45-49: 22nd Clare Rudgeley 46:38; **Women 55-59** 16th Tracy O'Neill (W55 16) 51:56



For action photos see Havering AC Facebook Group (members only)