

Cross Country Awards 2025-26: Hornchurch Conservative Club – Friday 19th June 2026

Good evening everybody and welcome on behalf of Havering Athletic Club to the 2025-26 annual cross-country awards. It's always great to see so many familiar & friendly faces, and inside and with no hills or mud clogged shoes, in a warm temperature and not a hint of rain in sight.

Firstly, as always, we would also like to recognise and congratulate the parents for making sure our athletes got to the start line in the first place, fit and well to wear the club vest with such distinction. **So, as usual let's give them a round of applause!**

Unlike recent years we had a full winter programme with no events cancelled due to the extreme weather conditions. Our athletes again won individual and team prizes, and it was another good season, with two age groups dominating the proceedings. The major team successes were achieved by the senior women who once again had a brilliant winter, defending their titles in both the Essex League and the County Championships after not winning either for several years previously, and they were matched by the Under 17 Men's team who swept all before them winning both the Essex league and County championship and also the Essex Cross Country Relay titles.

The team managers again thank all their squads for their hard work and commitment throughout the winter season.

Tonight is all about acknowledging the achievements of our athletes for both **Club Best Performance** and just as importantly **Team Member Awards**. The awards are being presented by our Club President Claire Brennan and, as ever, the respective team managers have selected the winners.

First of all, we start with the awards for the seniors and veterans.

The **Veteran Men's team member** goes to an athlete who sets an example to his younger teammates. He competed for the club at every opportunity, from the 9 mile of the south of England at Beckenham to national cross country in Durham, he was there. Placing 4th in his age group in the Essex league overall and part of the silver medal team in the cross country relays back in September, he shows no sign of slowing down. The team member award goes to **TONY PECORARO**



The award for **Veteran Ladies Best performance** goes to a member who is a regular down at the track on training nights. She also supports the club throughout the year, both at races and team manager duties. She participated in 3 of the 5 Essex league XC races, the Essex XC relays, the Southernns and also, for this first time, the Masters XC Championships, where she came 3rd overall and 1st lady in the V40 category. New to the 'Veterans' Category the award goes to **GINTE BAILEY!**

The winner of the **Veteran Ladies' Team Member Award** goes to someone who not only managed the team but also ran herself, competing in four of the five Essex League races, finishing in seventh position in the V55 Category table. She also competed in the Essex County Vets Champs at the challenging Epping Forest course, coming 101st overall and 18th in the V55 age category, and also tackled the South of England Championships at Beckenham. The award goes to **JANE HALLAM.**

The **Senior men best performance** goes to an athlete who has been a club member for many years and has steadily progressed over the seasons to become the lead of the senior men's team. He placed 2nd overall in the Essex cross country league and represented Essex for the first time at the UK inter counties in Nottingham. He was part of the Essex road relay winning team and ran an impressive first leg which proved to be the fastest overall time of the day. The Best Performer award goes to **KIERAN O'HARA.**



The **Senior men team member award** goes to an athlete who in his first cross country season for Havering made himself a key team member. He finished 4th in the Essex league overall with many fine performances including a 4th place at Colchester. He was a part of the Essex road relay winning team posting the second fastest time of day, just a single second behind his teammate. Team member award goes to **CHANDER DHILLON.**

The **senior ladies best performance award** goes to a 'club stalwart'. This member is committed to racing for the club and despite a busy full time job she fits in lots of training. Those efforts have paid off as she participated in all five of the Essex XC league races, the Main Essex XC Championships, the Nationals, the Southern and the Essex XC Relays. Well done to **ROBYN MATSON**.

The **senior ladies team member award** goes to another very committed member of the club who despite working unconventional hours in one of her job roles, participated in all five of the Essex XC league races, coming 4th overall. She also ran in the main Essex Championships. The award this year goes to **MORGAN CAMPBELL**.



The **U17 Boys' Best Performance award** goes to an athlete who has had a superb cross-country season after saying he was quitting last year. So I bet he's glad he didn't! His first superb achievement was finishing as Essex XC league champion, winning three races and a second to claim the title and team gold. Along with his teammates, Freddie and Sam, they won team gold at both the Essex XC Relays and South of England Relays. He won bronze at the Essex Champs plus another team win and was top finisher at the South of England Champs finishing tenth on the challenging 6km course. Racing for Essex at the Inter Counties Championships in Nottingham he was placed 15th in a field of almost three hundred and a week later raced at the English Schools XC Champs finishing well in 41st. He ended a long season with his best performance in the Mini Marathon, finishing eight in the U18 boys' borough challenge helping the Havering team win silver. The outstanding winner is **FINDLAY MCLAREN**

The **U17 Boys' Team Member award** goes to an athlete who recovered from injuries to have an excellent cross-country season. He finished second in the league standings with a first, two seconds and a third place with the team winning the league title. Running two fast first legs at the Essex XC Relays and the SEAA Relays at Wormwood Scrubs helped win both team golds. He raced home to claim silver in the Essex Champs and was thirtieth in the SEAA Champs. Representing Essex at the Inter Counties Champs he finished eighty places higher than last year in 39th position and a week later ran at the English Schools Champs in Liverpool placing well in 53rd. Running 7:22 on last leg at the Essex & Suffolk County Road relays awarded the team with gold. Another athlete ending his long season at the Mini Marathon where he was the third Havering boy to finish in eighteenth position and help the team win silver. The worthy winner is **SAM HORSLEY**



The winner of the **U17 Girls' Best Performance** award has had another great season of cross country. Her fifth-place finish at the Essex championships saw her qualify for the National Inter-Counties and also help her team to a well-deserved bronze medal. Her determined performance at the south-east schools inter-counties secured her place at the national finals, where she scored for Essex schools and came home with team silver. A valuable asset to any team she is part of. This award goes to **ORLA FRIEL**.



The winner of the **U17 Girls' team member award** had a very busy season, representing the club an impressive eight times. She was the only female runner in her age group to complete four league races and this determination saw her place third in the league rankings – the only Havering woman to get an individual trophy this year. She rounded off the season by representing Essex schools at the south-east schools inter counties. Congratulations on all your achievements this year **RUBY BEASLEY**.



The **U15 Boys' Club Best Performance award** goes to an athlete who ran in his first full cross country season and led the Havering team home in the majority of the races. Running four out of the five league races placed him twelfth in the individual league table with the team placing fourth in the league. At the challenging London Youth Games at Parliament Hill, he was the first Havering athlete to finish. At the hilly Essex Champs course he finished twentieth with the team finishing a fine fourth and also led the team home in his first South of England Champs at Beckenham Park. Well done to **JAKE TREGIDGO**

The **U15 Boys' Team Member award** goes to an athlete who ran consistently throughout his four league races awarding him eighteenth position in the league table. He was second Havering athlete completing the tough Parliament Hill course at the London Youth Games and ran third leg at the Essex cross country relays helping the A team to finish fifth. He raced well with the Havering pack, earning the team a credible fourth place in the Essex Champs. He finished his season running leg one at the Essex Road Relays in a time of 8:29 helping the team finish fifth. A true team player, the deserving winner is **HENRY WAKELING**

The winner of the **U15 Girls' Best Performance award** goes to a talented young lady who was the best finisher in her team on four separate occasions this winter, despite preferring shorter distances on the track. She didn't let the freezing winds at Hadleigh or the hills at Gloucester Park slow her down. She has already put her winter training to good use on the track this season with many race wins already under her belt. Congratulations on a great season. The award goes to **MILLIE COOK**.

The **U15 Girls' Team Member award** goes to a determined young lady who made a great contribution to the U15 girls team this season. She scored valuable points for her team at three of the league races and at the Essex championships, and she was the only runner in her age group to brave the hills in Colchester. Her positive and friendly attitude has been a great support to her team all season. The deserving winner of this award is **EVIE GREEN**.



The **U13 Boys' Club Best Performance award** goes to an athlete who improved as the season progressed and played a big part in the team finishing third in the Essex League. Individually, he finished a superb tenth in the end of season league table, racing four out of the five fixtures. He led out the trio in the Essex Relays with the team's fastest leg where they finished sixth. He was our top placed runner in a competitive field at the Essex XC Championships. The deserving winner is **HARRISON SEWELL**

The **U13 Boys' Team Member award** goes to an athlete who was hot on the heels of Harrison in his first season as an U13. He finished eleventh in the league, competing in four races. He took to the mud at Parliament Hill which clashed with the second fixture, competing for Havering at the London Youth Games where the boys team finished third. He ran last leg in the sixth placed Essex XC Relay team and competed for the first time at the South of England Championships on a challenging course. There is much more to come next season, congratulations to **JAMES FENN**

The winner of the **U13 Girls' Best Performance award** goes to a talented young lady who completed a second successful cross country season at Havering. Her performances this year saw her as the first scorer home from her team at the Essex championships, and a top-ten finish in arctic conditions at the Essex league in Hadleigh. She also ran first leg at the Essex road relays helping her team to win a silver medal, and more recently represented Essex Schools at the Y7 and 8 inter-counties. Always ready to race no matter the weather, this award goes to **VIOLET EVERETT**.

The winner of the **team member award in the Under-13 girls age group** has gone from strength to strength in her first cross country season. Her commitment and enthusiasm to her running saw her finish 10th place in the league, win a team silver medal at the Essex road relays, and she also represented Essex schools at the Y7 and 8 inter-counties. A dedicated young runner who improves with each race she runs, this award goes to **MOLLY JENKINSON-SMITH**.



We now come to the first of the special awards where the winner has been selected by the Club's Management Committee. The Committee can elect each year to make a special presentation to those athletes who have excelled when competing outside the League structure – for example in prestigious County, Regional and National Championships.

The first of these special awards is in that for **Males in the Under-13 to Under 17 age groups** which again goes to an outstanding athlete who wins this award for the third consecutive year. After running the fastest Under 17 leg in the South of England Relays he was fourth in the U17s at the Liverpool Cross Challenge in November. He led home a club clean sweep of the medals when winning the Essex Under 17 Championships and he was fourth in the Inter Counties in Nottingham and a week later was 15th against older opponents at the English Schools Championships in Liverpool. But his season's highlight came in April when he won the British Road Race Challenge, which incorporates the London Mini Marathon. These results all set the scene to his outstanding start to the track season

where he has come close to breaking four minutes for the mile and the age 17 best set by Steve Cram in 1980. The winner is once again **FREDDIE ROWE**.

We now come to the final individual award – that for The **Female Under-20 to Veteran category** sees us welcome back an athlete who again had an excellent winter season. She started her season running the fastest women's leg in the Essex Cross Country Relays on the way to team silver and won the Southern Inter Counties for Essex. Her fine form won her two England Athletics vests and she placed sixth in Belgium in October and eighth in Spain in January against international opposition. She won gold at the Essex Championships, leading the team to gold, and was a clear winner at the southern Champs. Nationally she ran superbly, placing fourth in the UK Cross Challenge and International at Parliament Hill, fifth in the Inter Counties and seventh at the National in Durham. Congratulations to the worthy winner: **KATE O'NEILL**.



Services to Cross Country

Our final presentation this evening is the **Services to Cross Country** award, and it goes to a team manager who has received this award twice before and whose outstanding efforts are deservedly recognised for a third time tonight. Managing cross country teams requires being out in all weathers, most weekends throughout every winter and it takes a special breed of person to do this, particularly coming back for more year after year. Tonight's winner first took over as the senior and veteran men's team manager in 2005, and has continued to manage in each of the following 20 years despite advancing years and recently his declining health. That period has seen the teams lift numerous trophies and medals each winter from the cross-country relays at the start of the season right through to the road relays at the end, including winning the Essex League and the Vets league and county titles. Without a committed team manager, the team wouldn't be where it is today, and we would like to give thanks to team manager **PETE WARNER** for his dedication by again presenting him with this **Services to Cross Country** award for the third time.



That concludes the formalities of the evening, so in a moment could all the winners join us at the front for the traditional group picture. The buffet will also be opened, so please help yourselves.

