



## **Essex Cross Country League – Round 5 – Hainault Forest Sat 10<sup>th</sup> February**

**The five match Essex Cross Country League series concluded at a very muddy Hainault Forest course on Saturday with two team and one individual victories. The Veteran men won the league shield and three club athletes won individual titles.**

The **Senior Men's** hopes of regaining the league title slipped away in the mud of Hainault as a second-place finish meant that they fell just short of the win that they needed to beat Southend ending up runners up spot. James Connor led them home in fourth place to confirm his individual victory in the league M40 standings, with Ben Davis close behind in fifth to place him third in the individual senior placings for the season. James Stewart in seventh and Sam Atkins in ninth meant that Havering had four in the top 10 and Kieran O'Hara in 23<sup>rd</sup> and Alfie Waithaka in 35<sup>th</sup> completed the scoring six. Rob Warner, returning from injury, lost his shoe 11 times in the muddy terrain to finish 43<sup>rd</sup> and place third in the individual M40 league stakes. Rob Trevor was next home in 65<sup>th</sup> and Matt Bland (74<sup>th</sup>) and Martin Chester (90<sup>th</sup>) made the top 100. Graham Hogan 109<sup>th</sup>, Michael O'Callaghan 113<sup>th</sup>, Tony Pecoraro 125<sup>th</sup>, Steve Walker 134<sup>th</sup> and Roy James 176<sup>th</sup> completed the Havering contingent. The **Veteran Men's** scoring quartet of James Connor, Alfie Waithaka, Rob Warner and Rob Trevor ensured a fourth consecutive win to easily lift the Veterans team title.

The **Senior Women** were second for the third successive race but had to settle for third in the team stakes. Ginte Bailey was first home in fourth, with Robyn Matson and Morgan Campbell close behind in fifth and sixth as Rebecca O'Rourke (39<sup>th</sup>) completed the scorers and Haleema Asmal was 107<sup>th</sup>. Morgan Campbell was the overall league winner, with Ginte Bailey placing third, and Rebecca O'Rourke was Under 20 runner up.

The **Under 15 Girls'** first win of the season moved the team into the top three in the table. Orla Friel's fine form continued as she placed fifth with Emmie Lole, Jasmine Asmal and Poppy Vines in seventh, eighth and ninth confirming that all four scorers made the top 10 with Ruby Beasley 17<sup>th</sup> and Grace Tilson 23<sup>rd</sup>. Freddie Rowe's fourth win in his four finishes for the **Under 15 Boys** saw him defend his league title. Findlay McLaren (sixth), Shea Sweeney (12<sup>th</sup>) and Liam Battrum in 19<sup>th</sup> were the other scorers as the team maintained their run of second places, to finish league runners up. Ethan Carroll and Sean Mugagga were 24<sup>th</sup> and 29<sup>th</sup>.

The **Under 13 Boys** team recorded their third runners up spot of the season to earn joint second in the league standings. Joe Sewell led the squad home in fifth with George Burgess (13<sup>th</sup>), Callum Millard Jennings (17<sup>th</sup>) and 21<sup>st</sup> placed George Bangs making up the scoring four with Logan Hunt, debutant Cruz Carvell and Max Sillett finishing between 32<sup>nd</sup> and 37<sup>th</sup>.

Both **Under 17** squads were short of a scoring team. Hannah Evans and Rosie Warner were seventh and eighth for the women and Ryan Carroll and Toby Johnson 15<sup>th</sup> and 17<sup>th</sup> for the men.



*More photos and action photos on Club Facebook Group (private)*

## **Essex Cross Country League – Round 4 Results**

**Senior Men:** 4<sup>th</sup> James Connor 27:55; 5<sup>th</sup> Ben Davis 27:59; 7<sup>th</sup> James Stewart 28:26; 9<sup>th</sup> Sam Atkins 28:43; 23<sup>rd</sup> Kieran O'Hara 30:26; 35<sup>th</sup> Alfie Waithaka M45 31:12; (**Team 2<sup>nd</sup> – 83 points**); 43<sup>rd</sup> Rob Warner M40 31:33; 65<sup>th</sup> Rob Trevor M45 33:58; 74<sup>th</sup> Matt Bland M55 34:35; 90<sup>th</sup> Martin Chester M50 35:20; 109<sup>th</sup> Graham Hogan M45 36:31; 113<sup>th</sup> Michael O'Callaghan 36:54; 125<sup>th</sup> Tony Pecoraro M60 37:25; 134<sup>th</sup> Steve Walker M55 38:30; 176<sup>th</sup> Roy James M50 42:26; **Teams:** 1<sup>st</sup> Southend 70; 2<sup>nd</sup> Havering 83; 3<sup>rd</sup> Braintree 138; **League:** 1<sup>st</sup> Southend 5; 2<sup>nd</sup> Havering 7; 3<sup>rd</sup> Colchester Harriers 14.

**Vets Team:** 1<sup>st</sup> Havering 147; 2<sup>nd</sup> Springfield 166; 3<sup>rd</sup> Orion 188.

**Vets League:** 1<sup>st</sup> Havering 4; 2<sup>nd</sup> Orion 10; 3<sup>rd</sup> Southend 13.

**Senior Women:** 4<sup>th</sup> Ginte Bailey 25:11; 5<sup>th</sup> Robyn Matson 25:14; 6<sup>th</sup> Morgan Campbell 25:34 39<sup>th</sup> Rebecca O'Rourke U20 30:21; (**Team 2<sup>nd</sup> – 54 points**); 102<sup>nd</sup> Haleema Asmal W45 44:48; **Div. 1 Teams:** 1<sup>st</sup> Chelmsford 43; 2<sup>nd</sup> Havering 56; 3<sup>rd</sup> Grange Farm 66. **League:** 1<sup>st</sup> Colchester H 5; 2<sup>nd</sup> Chelmsford 7; 3<sup>rd</sup> Havering 9.

**Under 17 Men:** 15<sup>th</sup> Ryan Carroll 21:56; 17<sup>th</sup> Toby Johnson 22:25; (**Team 6<sup>th</sup> – 70 points**); **Teams:** 1<sup>st</sup> Basildon 15; 2<sup>nd</sup> Chelmsford 16; 3<sup>rd</sup> Southend 29; ...5<sup>th</sup> Havering 32 (2) **League:** 1<sup>st</sup> Chelmsford 5; 2<sup>nd</sup> Basildon 7; 3<sup>rd</sup> Southend 9; 4<sup>th</sup> Havering 18

**Under 17 Women:** 7<sup>th</sup> Hannah Evans 25:02; 8<sup>th</sup> Rosie Warner 25:30; (**Team 4<sup>th</sup> – 15 (2) points**). **Teams:** 1<sup>st</sup> Southend 5 (2); 2<sup>nd</sup> Chelmsford 7 (2) 3<sup>rd</sup> Colchester & T 12 (2); 4<sup>th</sup> Havering 15 (2). **League:** 1<sup>st</sup> Southend 4; 2<sup>nd</sup> Colchester & Tendring 9; 3<sup>rd</sup> Havering 12.

**Under 15 Boys:** 1<sup>st</sup> Freddie Rowe 13:40; 6<sup>th</sup> Findlay McLaren 14:45; 12<sup>th</sup> Shea Sweeney 15:16; 19<sup>th</sup> Liam Battrum 16:10; (**Team 2<sup>nd</sup> - 38 points**); 24<sup>th</sup> Ethan Carroll 17:19; 29<sup>th</sup> Sean Mugagga 18:29; **Teams:** 1<sup>st</sup> Chelmsford 35; 2<sup>nd</sup> Havering 38; 3<sup>rd</sup> Ilford 73. **League** 1<sup>st</sup> Chelmsford 4; 2<sup>nd</sup> Havering 8; 3<sup>rd</sup> Southend 16

**Under 15 Girls:** 5<sup>th</sup> Orla Friel 16:39; 7<sup>th</sup> Emmie Lole 17:15; 8<sup>th</sup> Jasmine Asmal 17:34; 9<sup>th</sup> Poppy Vines 17:42 (**Team 1<sup>st</sup> – 29 points**) 17<sup>th</sup> Ruby Beasley 19:27; 23<sup>rd</sup> Grace Tilson 21:13 **Teams:** 1<sup>st</sup> Havering 29; 2<sup>nd</sup> Brentwood Beagles 31; 3<sup>rd</sup> Southend 44; **League:** 1<sup>st</sup> Brentwood Beagles 5; 2<sup>nd</sup> Basildon 9; =3<sup>rd</sup> Southend & Havering 11

**Under 13 Boys:** 5<sup>th</sup> Joe Sewell 12:14; 13<sup>th</sup> George Burgess 12:56; 17<sup>th</sup> Callum Millard-Jennings 13:05; 21<sup>st</sup> George Bangs 13:28 (**Team 2<sup>nd</sup> – 56 points**) 32<sup>nd</sup> Logan Hunt 14:45; 34<sup>th</sup> Cruz Carvell 14:55; 37<sup>th</sup> Max Sillett 15:46; **Teams:** 1<sup>st</sup> Basildon 33; 2<sup>nd</sup> Havering 56; 3<sup>rd</sup> Chelmsford 69. **League:** 1<sup>st</sup> Basildon 4; =2<sup>nd</sup> Havering & Chelmsford 10