



Essex Cross Country Relay Champs Weald Park Sat 16th September 2023

Havering AC got their winter cross country season off to a flying start with five medals - two golds and three silvers - at the Essex Cross Country relays held in summery conditions at the very hilly Weald Park course on Saturday.

The **Under 13 Girls** came close to a medal in the opening race as Amelie Shearing (14:45), Elena Williams (13:45) and Summer Smith's brilliant 12:02 final leg, which proved to be the fastest in the age group, just fell short in fourth.

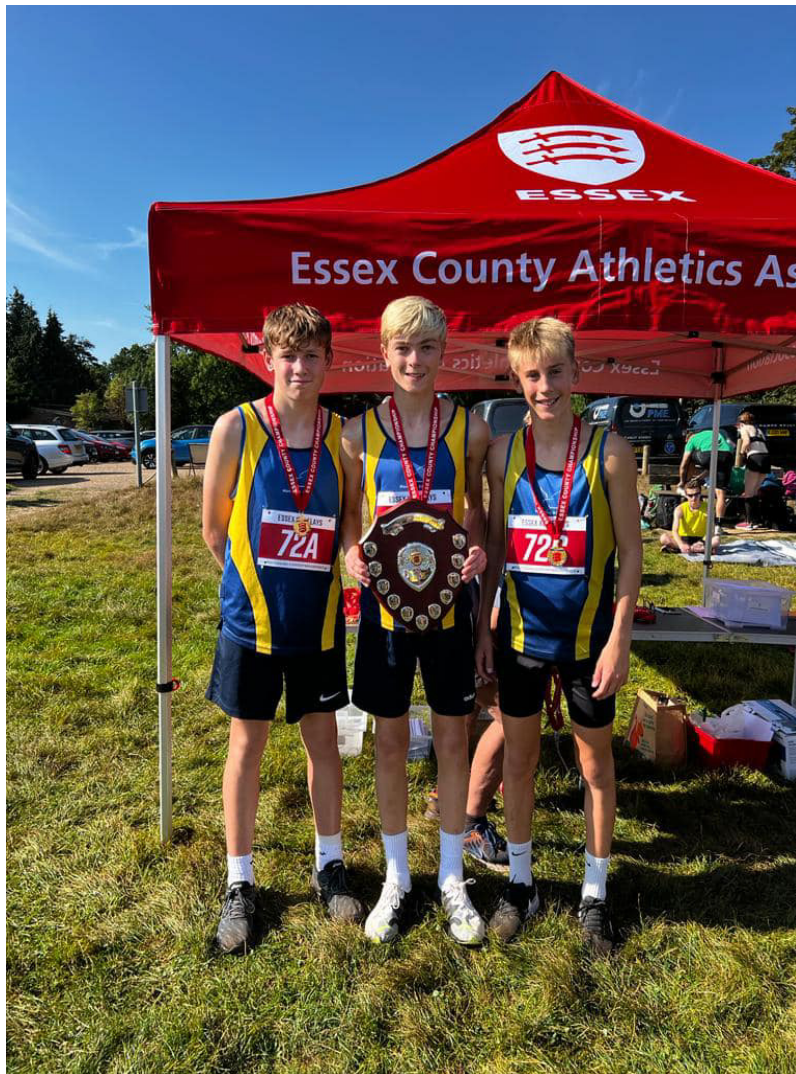
The **Under 15 boys** defended their title coming home one minute ahead of the opposition. Findlay McLaren gave the team a narrow lead with his 10:53 opener which Shea Sweeney extended after his 11:09 clocking. In form Freddy Rowe's blistering 10:12 anchor was 20 seconds faster than any other Under 15 leg ensured a clear win for the trio.

Lauren Reed's superb opening leg of 24:10 on the 6km course, the fastest by a woman on the day, set the **Senior Women** on their way to a podium place. Ginte Bailey's 25:45 leg continued the lead and despite Maddie Barker's fast final leg of 24:39, she was edged out by the Colchester anchor on the line and the team had to settle for silver.

The final race for senior and Masters' men saw a great turnout which produced three more medals. The **senior** team saw James Stewart (22:44) hand over in sixth to Rob Warner whose 21:21 stage brought the team up to third. Ben Davis brought the team up to second with his fine 20:43 run and James Connor held that silver medal winning place with his 21:11 anchor. The B Team of Alex Ford (21:45), Luke Chester (24:34), Kieran O'Hara (22:21) and Matthew Blacklock (22:23) finished fourth.

The club's second gold of the day came from the **Men's Vet 50** team thanks to Steve Rand (24:51), Martin Chester (24:59) and Gary Atkins (25:27) who comfortably took gold. Not to be outdone by their lower age groups the **Vet 60** team of Tony Pecoraro (27:07), Nigel Tyler (32:22) and Paul Berrett (29:01) took the silver in their category.





Other pics see post on Club Facebook Group (Private/Members)
RESULTS: Essex Cross Country Relays – Weald Park Sat 24th September

Medal winning teams

Senior Men: 2nd A Team 86:21 (James Stewart 22:44, Rob Warner M40 21:21; Ben Davis 20:43, James Connor 21:11)

Men 50: 1st Team 75:17 (Steve Rand 24:51; Martin Chester 24:59; Gary Atkins 25:27)

Men 60: 2nd Team 88:31 (Tony Pecoraro 27:07; Nigel Tyler 32:22), Paul Berrett 29:01

Senior Women: 2nd A Team 74:36 (Lauren Reed 24:10, Ginte Bailey 25:45; Maddie Barker U20 24:39)

Under 15 Boys: 1st A Team 32:13 (Findlay McLaren 10:53, Shea Sweeney 11:07; Freddie Rowe 10:12);