

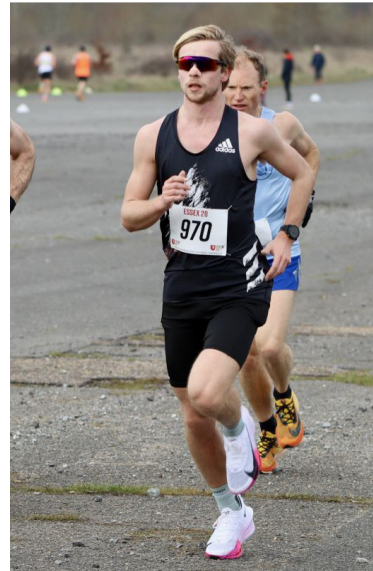


Essex 20 Championships, Debden Airfield, Saffron Walden Sun 16th March

James Connor added to his medal tally as he won the Essex 20 Mile Championships in a new career best at a chilly Debden Airfield, near Saffron Walden on Sunday morning.

After running close to his half marathon best at Wokingham last month James continued his fine form as part of his build up to next month's London marathon, dominated the field from the off to clock one hour 43 minutes and 58 seconds inside his previous best set back in 2011. His fine run also won him the M40 category and led the Essex team to victory in the Inter Counties event.

Gary Atkins also made the podium winning county bronze in the M55 age group in his first 20-mile race clocking 2:21.32 while his son Sam Atkins was 28th overall in his 20-mile debut with a time of 1:58.02.



Pics: Steve Wilkin

Round Up

Some of the Club's student athletes were also in fine form on the roads at Bath and Leicester this weekend.

In the Bath Half Marathon on Sunday Matthew Blacklock (Bath) finished 30th in a time of one hour 11 minutes and 59 seconds on his debut at the distance while Birmingham student Natalie Sewell also making her debut, finished 43rd in the women's race in 1:28.00.

The previous afternoon at the Leicester Podium 5k Festival races, Alex Friend finished 9th in race F with 15.31. In a later race, Maddie Barker recorded 17.19 to finish 23rd in the elite women's B race.