



Essex Cross Country Championships – Basildon Sat 3rd January 2026

There were nine medals, five from individuals and four from teams, at the Essex Cross Country Championships on Saturday which were held in bright conditions with temperatures close to freezing at the hilly Gloucester Park, Basildon course.

The **Under 17 Men** started the medal haul claiming four of the club's eight successes. There was a clean sweep of all three individual podium places with Freddie Rowe winning gold and Sam Horsley taking silver and Findlay McLaren completing the clean sweep – all winning Inter Counties selection. Shea Sweeney's tenth place easily confirmed the team gold with Sean Mugagga finishing 24th.

The **Senior Women** defended their title in style in their 8k race as Kate O'Neill and Lauren Reed made it a one-two, winning gold and silver, upgrading their silver and bronze medals from last year. Both earned Inter Counties call up for Essex, as did Maddie Barker who was sixth, with Robyn Matson in 17th completing the scoring quartet who were comfortably clear of the other team medallists. Morgan Campbell in 19th and Clare Davies in 26th supported by Clare Rudgley (64th) and Rebecca O'Rourke (84th) made up the tenth placed B team.

There was a team silver team for the **Under 20 Women** as medals were awarded to team of three, not four, with Hannah Evans eighth, sister Charlotte 11th and Rosie Warner one place further back.

The final medals were earned by **Under 17 Women** who won team bronze thanks to Orla Friel who finished fifth to earn Essex selection, Ruby Beasley in ninth, with Poppy Vines and Grace Tilson finishing in 22nd and 23rd.

There was an impressive turn-out of 14 club runners in the **Under 15 Boys** race. Jack Forman (12th), Jake Tregidgo (20th), Henry Wakeling (23rd) and 27th placed Joe Sewell made up the fourth placed A team, with Jack Rossington (28th), Thomas Swan and Callum Millard Jennings in 37th and 39th and Stephen Hunt (44th) completing the B team in ninth. Cruz Carvell, Archie Bright, Luke Brewington and Aidan Fairfax were the tenth placed C team, and Cameron Smith and Rhys Cullum were also in action

There were two full scoring teams of six for the **Senior Men** event over 12 k as the A team just missed out on medals in fourth with the B team placing 15th. Kieran O'Hara (15th), Chander Dhillon (18th), James Stewart (22nd) and 25th placed Matthew Blacklock all made the top 25 in a field of almost 200, with Rob Warner (35th) and Sam Atkins in 52nd completing the A team scorers. The B team of Graham Pritchard (79th), Will Kirk (86th), Rob Trevor (100th), Tony Pecoraro (116th), Gary Atkins (131st) and Steve Walker in 153rd completed the club line up.

The **Under 13 Girls** finished seventh led home by 19th placed Violet Everett with Molly Jenkinson-Smith in 25th and Isla Herrera and Esther Oyemike in 37th and 38th. Eleanor Fair (39th), Emilia Curley (43rd) and Ina Johnson in 46th also ran.

The **Under 15 Girls** were eighth in the team stakes as Millie Cook and Elena Williams were 31st and 32nd, while Beth Friel (38th) and Evie Green (42nd) completed the scoring four, with Olivia Wheeler and Alexandria Field 45th and 47th

There was also an eighth place finish for **Under 13 Boys** quartet of Harrison Sewell (22nd), Alex Stokes (37th), Jack Rushworth (39th) and Austin Broadhurst in 44th.

In the non-championship **Under 11s** races Luke Hathaway was 13th for the boys and Amelia Bright and Ella Williams placed 16th and 29th for the girls

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Senior Men (12k): 15th Kieran O'Hara 41:09; 18th Chander Dhillon 41:43; 22nd James Stewart 42:05; 25th Matthew Blacklock 42:33; 35th Rob Warner M40 43:25; 52nd Sam Atkins 44:50; (**Team 4th – 167 points**); 79th Graham Pritchard M45 48:01; 86th Will Kirk M45 48:38; 100th Rob Trevor M45 50:32; 116th Tony Pecoraro M60 53:11; 131st Gary Atkins M55 55:27; 153rd Steve Walker M55 58:36 (B **Team 15th – 665 points**);

Senior Women (8k): 1st Kate O'Neill 28:52; 2nd Lauren Reed W40 29:38; 6th Maddie Barker 31: 17th Robyn Matson 34:34; (**Team 1st – 26 points**); 19th Morgan Campbell 34:52; 26th Clare Davies W35 37:22; 64th Clare Rudgley 43:37; 84th Rebecca O'Rourke 48:05 (B **Team 10th – 193 points**);

Under 20 Women (6.1k): 8th Hannah Evans 27:44; 11th Charlotte Evans 28:07; 12th Rosie Warner 28:28. (**Team 2nd – 31 points**)

Under 17 Men (6.1k): 1st Freddie Rowe 20:09; 2nd Sam Horsley 20:16; 3rd Findlay McLaren 20:25; 10th Shea Sweeney 21:34 (**Team 1st – 16 points**); 24th Sean Mugagga 24:11; .

Under 17 Women (5.2k): 5th Orla Friel 20:39; 9th Ruby Beasley 22:26; 22nd Poppy Vines 25:04; 23rd Grace Tilson 25:12 (**Team 3rd – 59 points**)

Under 15 Boys (4.3k): 12th Jack Forman 15:51; 20th Jake Tregidgo 16:23; 23rd Henry Wakeling 16:38; 27th Joe Sewell 16:53; (**Team 4th – 82 points**) 28th Jack Rossington 16:54; 37th Thomas Swan 18:01; 39th Callum Millard Jennings 18:10; 44th Stephen Hunt 18:24 (B **Team 9th – 148 points**); 46th Cruz Carvell 18:37; 51st Archie Bright 19:00; 52nd Luke Brewington 19:07; 54th Aidan Fairfax 20:03 (C **Team 10th – 203 points**); 56th Cameron Smith 20:19; 57th Rhys Cullum 20:22

Under 15 Girls (4.3k): 31st Millie Cook 19:59; 32nd Elena Williams 20:02; 38th Beth Friel 20:56; 42nd Evie Green 21:56; (**Team 8th – 143 points**) 45th Olivia Wheeler 22:23; 47th Alexandria Field 23:40

Under 13 Boys (3.1k): 22nd Harrison Sewell 12:34; 37th Alex Stokes 13:17; 39th Jack Rushworth 13:22; 32nd Austin Broadhurst 13:32 (**Team 8th – 142 points**)

Under 13 Girls (3.1k): 19th Violet Everett 13:34; 25th Molly Jenkinson-Smith 13:56; 37th Isla Herrera 15:17; 38th Esther Oyemike 15:17 (**Team 7th – 119 points**) 39th Eleanor Fair 15:20; 43rd Emilia Curley 15:53; 46th Ina Johnson 16:10

Under 11 Non Championship (1.5k): Boys: 13th Luke Hathaway 6:03; **Under 11 Girls:** 16th Ameila Bright 6:48; 29th Ella Williams 7:32







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