



## **Essex Cross Country Championships – Basildon Sat 3<sup>rd</sup> 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 24<sup>th</sup>.

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 17<sup>th</sup> completing the scoring quartet who were comfortably clear of the other team medallists. Morgan Campbell in 19<sup>th</sup> and Clare Davies in 26<sup>th</sup> supported by Clare Rudgley (64<sup>th</sup>) and Rebecca O'Rourke (84<sup>th</sup>) 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 11<sup>th</sup> 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 22<sup>nd</sup> and 23<sup>rd</sup>.

There was an impressive turn-out of 14 club runners in the **Under 15 Boys** race. Jack Forman (12<sup>th</sup>), Jake Tregidgo (20<sup>th</sup>), Henry Wakeling (23<sup>rd</sup>) and 27<sup>th</sup> placed Joe Sewell made up the fourth placed A team, with Jack Rossington (28<sup>th</sup>), Thomas Swan and Callum Millard Jennings in 37<sup>th</sup> and 39<sup>th</sup> and Stephen Hunt (44<sup>th</sup>) 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 15<sup>th</sup>. Kieran O'Hara (15<sup>th</sup>), Chander Dhillon (18<sup>th</sup>), James Stewart (22<sup>nd</sup>) and 25<sup>th</sup> placed Matthew Blacklock all made the top 25 in a field of almost 200, with Rob Warner (35<sup>th</sup>) and Sam Atkins in 52<sup>nd</sup> completing the A team scorers. The B team of Graham Pritchard (79<sup>th</sup>), Will Kirk (86<sup>th</sup>), Rob Trevor (100<sup>th</sup>), Tony Pecoraro (116<sup>th</sup>), Gary Atkins (131<sup>st</sup>) and Steve Walker in 153<sup>rd</sup> completed the club line up.

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

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

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

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

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

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

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

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

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

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

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

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

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

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







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