



## ***Eastern Counties Champs – Horseheath, Cambridge Sat 18<sup>th</sup> November***

**Havering's Seniors literally dipped their toes in the water at the Eastern Counties Cross Country Championships held at the Horseheath Racecourse, Cambridgeshire which saw the runners navigate a stretch of water on each lap.**

The races confusingly incorporated several different championship events which offered athletes the chance to win multiple medals. James Connor running in the Essex team won the race with another fantastic run, clocking 38m 42s in the difficult conditions. Connor added gold as a member of the winning Essex team and, as he had also entered the race as an individual, he took the gold in the Vet 40 category plus gold in the Eastern Masters.

The improving James Stewart, running in a Havering vest, was third across the line with 39:32 to take the Eastern Counties senior individual silver medal while Rob Warner's sixth place overall in 40:41 earned silver in the Eastern Vet 40 category and silver in the Eastern Masters AC event.

The women's team also brought home silverware as Ginte Bailey (2<sup>nd</sup> – 25:43), Robyn Matson (4<sup>th</sup> – 26:00), Clare Davies (12<sup>th</sup> - 28:22) and Clare Rudgley (21<sup>st</sup> – 32:45) combined to win Eastern team silver with Bailey also winning W35 Eastern Championships gold and Matson the W35 silver.

*Also on Saturday the M55 trio of Gary Atkins, Steve Walker and Matt Bland finished a fine sixth in the British Masters Road Relay Championships held at Mallory Park Race Circuit, Leicestershire. Gary Atkins' opening leg of 18:53 saw him hand over in seventh and Steve Walker held onto this position with his 19:07 split. Matt Bland clocked the trio's fastest leg with his 18:45 anchor to move the squad up to sixth.*



