



Essex & Suffolk Road Relays Northern Gateway Leisure Park, Colchester Saturday 12th April

Club teams came away with gold and silver medals at the Essex & Suffolk Road Relay Championships held at a sunny Colchester Leisure Park on Saturday.

The **Vet 40 Men's** team upgraded their silver medals from the 2023 and 2024 races to gold this time. James Connor's opening leg of 14:26 was the fastest on the day and gave them more than a one-minute lead which was extended to more than two minutes over the other two legs as Barry Smith (16:14) and Rob Warner (15:20) brought the team home to a comfortable win. The second medal was earned by the **Under 15 Girls** trio as Poppy Vines' 9:14 opener saw her hand over in second to Jasmine Asmal whose leg of 10:17 extended the lead and Orla Friel's 9:18 anchor confirmed silver.

There were fourth place finishes for the **Under 17 Women** (Lucy Chapelhow 11:09, Abi Rogers 11:39 and Grace Tilson 10:53) and the **Under 15 Boys** squad of Liam Battrum (9:44), Daniel Jones (9:12) and Aidan Doherty (8:29) and fifth places for the **Under 13 Boys** (Callum Millard Jennings 10:55, Cruz Carvell 10:13 and Harrison Sewell 9:28) and the **Vet M50** team of John Barker (17:37), Martin Chester (19:06), and Graham Hogan (19:26).

Also in action were **Under 13 Girls** who came home in sixth (Beth Friel 11:04; Darcy Davies U11 10:30; Isla Herrera 12:28), the **Vet M50 B** team who were ninth (Paul Berrett 19:27; Darren Priestley 19:42; Russ Middleton 20:53) and the **Senior Men's** quartets of James Stewart (14:52), Charlie Burgess (16:43), Max Robbins (20:29) and Ian Anthony (16:47) and the B Team of Mike O'Callaghan (18:03), Graham Pritchard (18:06), John Whitehead (17:37) and Gary Atkins (19:29) who were 10th and 12th respectively.



There was a great marathon debut for Sam Atkins who placed sixth at the Boston (UK) Marathon in 2:41.04 to rank 11th on the club senior all-time list.

More pics on club Facebook site (members' only)