



Essex Schools Cross Country Championships – Benfleet Sat 20th January

Tops six finishes at Saturday's Essex Schools Cross Country Championships held at Benfleet earned Freddie Rowe (Inter Boys) and Orla Friel (Junior Girls) automatic selection for the English Schools Championships at Pontefract in March.

With different age groups in place at this fixture Freddie Rowe faced older opposition and competed well to place fourth in the **Inter Boys** race. Findlay McLaren (26th), Stevie Reynolds (27th) and Shea Sweeney (30th) also ran.

Orla Friel's good form continued as she finished sixth in the **Junior Girls** race and will join Freddie Rowe in the Essex Schools team at Pontefract. Emmie Lole was ninth and an improving Jasmine Asmal placed 12th as Poppy Vines was 16th and Elena Williams 22nd.

The Havering quartet in the **Senior Girls** finished between 11th as 17th as Charlotte and Hannah Evans were 11th and 12th, with Abi Swan in 15th and Madi Heil 17th. The **Senior Boys** equivalent saw Charlie Burgess place 14th Toby Johnson in 18th and Ryan Carroll 20th, while Ruby Price (19th) and Grace Tilson (42nd) contested the **Inter Girls** event and Joe Sewell (23rd) and Liam Battrum (26th) saw championship action for the **Junior Boys**.

Essex Schools Cross Country Championships – Results

Senior Boys: 14th Charlie Burgess; 18th Toby Johnson; 20th Ryan Carroll

Senior Girls: 11th Charlotte Evans; 12th Hannah Evans; 15th Abigail Swan; 17th Madison Heil

Inter Boys: 4th Freddie Rowe; 26th Findlay McLaren; 27th Stevie Reynolds; 30th Shea Sweeney

Inter Girls: 19th Ruby Price; 42nd Grace Tilson

Junior Boys: 23rd Joe Sewell; 26th Liam Battrum

Junior Girls: 6th Orla Friel; 9th Emmie Lole; 12th Jasmine Asmal; 16th Poppy Vines; 22nd Elena Williams

