



Essex Cross Country League – Rd 3 – Hadleigh Country Park Sat 22nd Nov

Havering athletes recorded their best set of league results of the winter as Round 3 of the Essex Cross Country League took place at a brutally tough Hadleigh Country Park which athletes said was even more challenging than the famous Parliament Hill course. The club highlights saw individual victories for Findlay McLaren and Lauren Reed who led the senior women team to their first win this season.

After finishing runner up last time out Lauren Reed went one better on the hilly Hadleigh terrain to win the **Senior Women's** race ahead of Basildon's Rachel Wiseman. Morgan Campbell's ninth place was her highest finish this season, with Ginte Bailey and Robyn Matson's 14th and 15th places ensuring team success, to join Chelmsford at the top of the table. Under 20s Hannah and Charlotte Evans in their first runs this winter were 24th and 31st, with Clare Davies 32nd while Under 20s Rosie Warner and Abi Swan were 43rd and 57th. Rebecca O'Rourke in 87th, Clare Rudgley 91st and Jane Hallam in 118th completed the 12 strong line up.

Findlay McLaren's fine winter season continued as he won the **Under 17 Men's** race ahead of Chelmsford's Jacob Parrott. Shea Sweeney was ninth and Aidan Doherty 12th as the team had to concede victory to Chelmsford but still head the table. Sean Mugagga was 13th with Liam Battrum 18th and Ethan Carroll in 20th.

The **Senior Men** had their best result so far with all six scorers in the top 20 and a second place finish behind league leaders Southend. James Stewart found the conditions suited him as he placed sixth with Kieran O'Hara one place back and Chander Dhillon in ninth. Taylor Newell in 13th, Rob Warner in 19th and Sam Atkins just behind him in 20th completed the scorers. Andrew Adebuse was next home in 28th with Alfie Waithaka 59th and Graham Pritchard 65th. Luke Chester (75th), Will Kirk (83rd), James Blogg (86th) and Under 20 Harry Wyatt (91st) all made the top 100 with Tony Pecoraro 114th, and Steve Rand, Steve Walker, Roy James and Paul Berrett the other finishers. The **veterans'** team of Rob Warner, Alfie Waithaka, Graham Pritchard and Will Kirk were third.

The **Under 17 Women's** team returned to league action to place second. Poppy Vines and Ruby Beasley were fourth and fifth and 19th placed Grace Tilson completed the scoring trio.

The **Under 13 Girls** had their best result so far in second place with Violet Everett in seventh, and Lucy Tregidgo (13th), Molly Jenkinson-Smith (16th) and 21st placed Esther Oyemike the other scorers. Emilia Curley, Eleanor Fair and Isla Herrera finished between 22nd and 25th

There was an even bigger turnout for the **Under 15 Boys** with 15 in action as the team placed third. Jake Tregidgo led them home in 12th with Joe Sewell 17th, and Oliver Rushworth (21st) and Jack Rossington (24th) the scorers as the team were third. Stephen Hunt, Henry Wakeling and Callum Millard Jennings were in the top 30, Cameron Smith & Cruz Carvell were 36th & 37th, with Luke Brewington, Thomas Swan, George Burgess, Archie Bright, Aidan Fairfax, Rhys Cullum and Kieron Devshi also competing.

The **Under 13 Boys'** team again placed fourth with James Fenn 13th and Harrison Sewell in 17th with Joseph Legg (21st) and Parker Swaisland (23rd) the scoring four, while James Campbell and Jack Rushworth placed 34th and 45th.

Millie Cook was first home for the **Under 15 Girls** in 18th, with Alex Field and Olivia Wheeler 30th and 31st and Evie Green 35th as the team were fifth.

Three club athletes made the trip to Sefton Park, Liverpool for the UKA Cross Challenge, which also incorporated the UK Trials for next month's European Cross Country Championships.

*Freddie Rowe was 21st of the 200 finishers in the **Under 20 Men's** 4.4km trial event, while Sam Horsley was a respectable 30th of the 180 **Under 17 Men's** finishers. In the **Senior Women's** 8km trial race Kate O'Neill was 18th of over 500 finishers, two places higher than her 20th place finish last year.*

Essex Cross Country League – Round 3 – Results

Senior Men: 6th James Stewart 29:31; 7th Kieran O'Hara 29:47; 9th Chander Dhillon 29:59; 13th Taylor Newell 30:21; 19th Rob Warner M40 30:40; 20th Sam Atkins 30:43; (**Team 2nd – 74 points**); 28th Andrew Adebuseye 31:45; 59th Alfie Waitthaka M45 34:17; 65th Graham Pritchard M45 34:46; 75th Luke Chester 35:35; 83rd Will Kirk M45 35:57; 86th James Blogg M45 36:05; 93rd Harry Wyatt U20 36:46; 114th Tony Pecoraro M60 38:17; 135th Steve Rand M50 39:49; 173rd Steve Walker M55 43:04; 200th Roy James M55 46:05; 203rd Paul Berrett M60 46:37; **Teams:** 1st Southend 47; 2nd Havering 74; 3rd Orion 255. **League:** 1st Southend 3; 2nd Havering 8 3rd Colchester H 11.

Veterans Teams (four to score): 1st Orion 114; 2nd Brentwood B 227; 3rd Havering 229 **League:** 1st Orion 3; 2nd Havering 7; =3rd Springfield, Brentwood B & Colchester H 14

Senior Women: 1st Lauren Reed W40 26:16; 9th Morgan Campbell W35 29:36; 14th Ginte Bailey W35 30:15; 15th Robyn Matson W35 30:26; (**Team 1st – 39 points**); 24th Hannah Evans U20 31:53 31st Charlotte Evans 35:53; 32nd Clare Davies 32:57; 43rd Rosie Warner U20 34:13; 57th Abigail Swan U20 35:41; 87th Rebecca O'Rourke 39:00; 91st Clare Rudgley W50 39:27; 118th Jane Hallam W55 43:59. **Div. 1 Teams:** 1st Havering 39; 2nd Colchester H 55; 3rd Chelmsford 61 **League:** =1st Chelmsford & Havering 5; 3rd Southend & Leigh on Sea 14.

Under 17 Men: 1st Findlay McLaren 20:27; 9th Shea Sweeney 22:54; 12th Aidan Doherty 24:03; (**Team 2nd --22 points**); 13th Sean Mugagga 24:14; 18th Liam Battrum 25:41; 20th Ethan Carroll 25:46. **Teams:** 1st Chelmsford 12; 2nd Havering 22; 3rd Southend 24. **League** 1st Havering 4; 2nd Chelmsford 5; 3rd Southend 9

Under 17 Women: 4th Poppy Vines 26:29; 5th Ruby Beasley 26:49; 19th Grace Tilson 30:25 (**Team 2nd --28 points**); **Teams:** 1st Basildon 24; 2nd Havering 29; Braintree 59 **League:** 1st Basildon 5; 2nd Braintree 13; 3rd Chelmsford 14..6th Havering 23.

Under 15 Boys: 12th Jake Tregidgo 15:05; 17th Joe Sewell 15:26; 21st Oliver Rushworth 15:45; 24th Jack Rossington 15:55 (**Team 3rd - 74 points**) 25th Stephen Hunt 15:56; 29th Henry Wakeling 16:04; 30th Callum Millard Jennings 16:06; 36th Cameron Smith 17:03; 37th Cruz Carvell 17:07; 42nd Luke Brewington 17:20; 45th Thomas Swan 17:42; 46th George Burgess 17:43; 50th Archie Bright 17:55; 51st Aidan Fairfax 18:19; 54th Rhys Cullum 19:26; 56th Kieron Devshi 22:56 **Teams:** 1st Basildon 62; 2nd Colchester & T 64; 3rd Havering 74; **League:** 1st Basildon 5; 2nd SS Athletics 7; 3rd Havering 11

Under 15 Girls: 18th Millie Cook 18:44; 30th Alex Field 21:23; 31st Olivia Wheeler 21:29; 35th Evie Green 22:28; (**Team 5th – 114 points**) **Teams:** 1st Brentwood Beagles 23; 2nd SS Athletics 24; 3rd Basildon 34; .. 5th Havering 114. **League:** 1st Brentwood Beagles 4; 2nd SS Athletics 8; 3rd Basildon 9; .. 5th Havering 17.

Under 13 Boys: 13th James Fenn 13:18; 17th Harrison Sewell 13:27; 21st Joseph Legg 13:38; 23rd Parker Swaisland 13:42; (**Team 4th – 74 points**) 34th Jack Rushworth 14:14; 45th James Campbell 14:52; **Teams:** 1st SS Athletics 23; 2nd Chelmsford 49; 3rd Colchester H 60; 4th Havering 74 **League:** 1st SS Athletics 3; 2nd Chelmsford 10; =3rd Colchester & T & Havering 12 .

Under 13 Girls: 7th Violet Everett 14:04; 13th Lucy Tregidgo 15:10; 16th Molly Jenkinson-Smith 15:50; 21st Esther Oyemike 16:11; (**Team 2nd – 57 points**). 22nd Emilia Curley 16:29; 23rd Eleanor Fair 16:31; 25th Isla Herrera 17:21; **Teams:** 1st SS Athletics 33; 2nd Havering 57; 3rd Colchester & T 52 (3). **League:** 1st SS Athletics 4; 2nd Havering 12; 3rd Basildon 13.

Thurrock 7; 3rd Basildon 8; =4th

Under 11 Boys: 13th Luke Hathaway 9:04; **Under 11 Girls:** 15th Ava Lynch 10:22.

For athlete & team photos see Havering AC Facebook Group (members only)

For action photos see Essex Cross Country League Facebook Group
<https://www.facebook.com/groups/235239086671265>