



Essex Cross Country League – Round 4 – Hilly Fields Sat 16th December

The Essex Cross Country League resumed on Saturday at the Colchester Hilly Field course which more than lived up to its name.

The **Senior Men** claimed another second place which lifted them up to joint first place with Southend with one race still to come in the New Year which will see the title race go down to the wire. In the absence of James Connor, who had won the first three races, James Stewart stepped up to fill the missing gap with another very good run to lead the team home in 12th place with Ben Davis one place back in 13th. Sam Atkins had a good run to take 17th with Under 20 Matthew Blacklock, back from university to place a strong 21st. Rob Warner was next home in 26th and Kieran O'Hara completed the scoring team in 34th place. Alfie Waithaka in 56th led home a group of Havering runners in close order with Will Kirk 59th, James Blogg 65th, and Ian Anthony 79th. Charlie Burgess in 92nd was followed by Rob Trevor 103rd, Mat Bland 137th, Graham Hogan 145th with Tony Pecoraro not far behind in 162nd. Paul Berrett 187th, Steve Walker 201st and Roy James in 222nd completed the 18 strong Havering line up. The **Veteran Men's** quartet of Rob Warner, Will Kirk, James Blogg and Ian Anthony won for the third consecutive race to take an unbeatable lead at the top of the table.

The **Senior Women** equalled their best result of the season with another second place. Lauren Reed was a good third with Under 20s Maddie Barker in 15th and Natalie Sewell in 18th returned from university, with Ginte Bailey between them in 17th. Robyn Matson in 23rd, Rebecca O'Rourke (68th) and Clare Rudgley in 85th made it seven up for the ladies' line up. Colchester Harriers have an unbeatable lead at the top of the table but Havering have chance of claiming the runners up spot.

Freddie Rowe made it three wins in his three finishes for the **Under 15 Boys** and looks on track for the individual title. Shea Sweeney was ninth as Liam Battrum (14th) and Aidan Doherty in 26th were the scorers for the second placed team, with Sean Mugagga (30th) and Ethan Carroll 34th also in action. Chelmsford have already secured the title with four wins in four and Havering are safe in second.

The **Under 15 Girls** were fourth as Jasmine Asmal was first club athlete home in seventh, with Ruby Beasley (22nd), Daisy Cossey-Atkins (25th) and Grace Tilson (28th) the other scorers just ahead of Callie Ziepe (29th), Jessica Taylor (30th) and 32nd placed Olivia Bradbury.

The **Under 17 Women** were third for the fourth consecutive meeting again as Charlotte Evans and Abigail Swan were ninth and tenth and Rosie Warner was 15th but Hannah Evans again dropped out. Toby Johnson in 21st, Ryan Carroll 24th and Nathan Hart just behind in 25th were the **Under 17 Men's** team who finished sixth.

The **Under 13 Boys** team finished fourth with Joe Sewell the first finisher in seventh, Callum Millard-Jennings in 13th with George Burgess (25th) and Max Sillett (39th) the scoring four with Henry Langford in 45th. The team hold on to second place in the lead with Basildon confirmed as league winners with pone match to go. Zeni Williams in 29th was the only **Under 13 Girl** able to make the trip to Colchester as other team members were either unwell or unavailable.

The first action after the festive break sees the main Essex Cross Country Championships take place at Gloucester Park, Basildon on Saturday 6th January while the League finale takes place a month later at Hainault Forest on Saturday 10th February.

See pics on Havering AC Facebook (members only) group

Essex Cross Country League – Round 4 Results

Senior Men: 12th James Stewart 26:52; 13th Ben Davis 27:10; 17th Sam Atkins 27:23; 21st Matthew Blacklock U20 27:32; 26th Rob Warner M40 27:52; 34th Kieran O'Hara 28:26; (**Team 2nd – 123 points**); 55th Alfie Waitbaka M45 29:23; 59th Will Kirk M45 29:29; 65th James Blogg M40 29:39; 79th Ian Anthony M45 30:33; 92nd Charlie Burgess U20 31:15; 103rd Rob Trevor M40 31:50; 137th Matt Bland M55 33:07; 145th Graham Hogan M45 33:32; 162nd Tony Pecoraro M60 34:19; 188th Paul Berrett M60 36:12; 202nd Steve Walker M50 37:17; 223nd Roy James M50 38:36; **Teams:** 1st Colchester Harriers 117; 2nd Havering 123; 3rd Southend 126; **League:** =1st Southend & Havering 7; 3rd Colchester Harriers 16.

Vets Team: 1st Havering 206; 2nd Leigh on Sea 245; 3rd Southend 285.

Vets League: 1st Havering 5; 2nd Orion 11' 3rd Southend 13.

Senior Women: 3rd Lauren Reed 23:48; 15th Maddie Barker U20 26:25; 17th Ginte Bailey 26:29; 18th Natalie Sewell 26:41; (**Team 2nd – 53 points**); 23rd Robyn Matson 27:14; 68th Rebecca O'Rourke U20 32:08; 85th Clare Rudgley W45 34:14; **Div. 1 Teams:** 1st Colchester H 33; 2nd Havering 53; 3rd Chelmsford 55. **League:** 1st Colchester H 5; 2nd Chelmsford 9; 3rd Havering 10.

Under 17 Men: 21st Toby Johnson 22:23; 24th Ryan Carroll 23:02; 25th Nathan Hart 23:27; (**Team 6th – 70 points**); **Teams:** 1st Chelmsford 17; 2nd Basildon 23; 3rd Southend 28; 3rd Colchester & T 25; ...6th Havering 70 **League:** = 1st Southend & Basildon 9; 3rd Chelmsford 11 ...5th Havering 20

Under 17 Women: 9th Charlotte Evans 26:09; 10th Abigail Swan 26:24; 15th Rosie Warner 28:54; (**Team 3rd – 34 points**). **Teams:** 1st Chelmsford 9; 2nd Colchester & T 25; 3rd Havering 34. **League:** 1st Southend 7; 2nd Colchester & Tendring 10; 3rd Havering 12.

Under 15 Boys: 1st Freddie Rowe 13:04; 9th Shea Sweeney 13:49; 14th Liam Battrum 14:14; 26th Aidan Doherty 15:51 (**Team 2nd - 50 points**); 30th Sean Mugagga 16:04; 34th Ethan Carroll 16:18; **Teams:** 1st Chelmsford 30; 2nd Havering 50; 3rd Colchester & T 62; **League** 1st Chelmsford 4; 2nd Havering 8; 3rd Southend 16

Under 15 Girls: 7th Jasmine Asmal 16:07; 22nd Ruby Beasley 17:31; 25th Daisy Cossey-Atkins 18:07; 28th Grace Tilson 18:40; (**Team 4th – 82 points**) 29th Callie Ziepe 18:42; 30th Jessica Taylor 18:44; 32nd Olivia Bradbury 19:16; **Teams:** 1st Brentwood Beagles 22; 2nd Southend 48; 3rd Basildon 57; 4th Havering 82; **League:** 1st Brentwood Beagles 5; 2nd Basildon 9; 3rd Southend 12; 4th Havering 14

Under 13 Boys: 7th Joe Sewell 11:05; 13th Callum Millard-Jennings 11:33; 25th George Burgess 12:11; 39th Max Sillett 13:24; (**Team 4th – 84 points**) 45th Henry Langford 14:09. **Teams:** 1st Basildon 34; 2nd Chelmsford 48; 3rd Colchester & T 54; 4th Havering 84. **League:** 1st Basildon 4; 2nd Havering 12; 3rd Chelmsford 13

Under 13 Girls: 29th Zeni Williams 14:03 **Teams:** 1st Chelmsford 17; 2nd Brentwood Beagles 9; 3rd Colchester H 55... 11th Havering; **League:** 1st Chelmsford 4; 2nd Brentwood Beagles 9; 3rd Basildon 13.... 5th Havering 22