



Essex Cross Country Relay Champs Chingford Sat 19th September 2026

The winter season got off to a winning start as club teams lifted three titles and were runners up in another at the Essex Cross Country Relay took place at Chingford on Saturday.

The **Under 16 Boys'** trio started the victory roll as Jack Rossington (10:44), Callum Millard Jennings (11:06) and Freddie Scorey-Hall (10:35) finished over half a minute clear of the Woodford trio to strike gold.

The **Under 18 Boys** added another podium place as they won a close battle for silver edging out the Basildon trio into bronze, thanks to Aidan Doherty (10:19), Oliver Rushworth(10:52) and Jake Tregidgo (10:17) as Chelmsford claimed gold.

The **Senior Women's** trio upgraded their silver medals from last year to gold this time out finishing a minute clear of the opposition. Kate O'Neill's brilliant opening leg of 22:07, the fastest female leg on the day, saw her hand over almost two minutes clear of the rest to Robyn Matson, who extended the lead with her 25:24 run and Lydia Smith brought the team home with her 25:44 leg for a well-deserved gold.

The **Senior Men** had endured two years off the podium but made no mistake this time. Matthew Blacklock's 20:58 opener crossed the line in second and Kieran O'Hara ran 21:05 to hand over in front and James Stewart ran the quartet's fastest leg with 20:30 to add to the lead and Chander Dhillon's anchor ensured victory ahead of Chelmsford, who were over 40 seconds back.

RESULTS:

Senior Men: 1st A Team 84:22 (Matt Blacklock 20:58; Kieran O'Hara 21:05; James Stewart 20:30; Chander Dhillon 21:47); **6th B Team 90:09** (Sam Horsley 21:01; Ben Davis 22:12; Rob Warner 21:52; Jack Osborn 25:03)

Men 50: 4th A Team 76:11 (Matt Bland 25:27, Gary Atkins 26:01, Jason Lendon 24:42); **5th B Team 82:32** (Martin Chester 26:03, Roy James 30:23; Steve Rand 26:04); Steve Walker 29:29

Under 18 Men: 2nd Team 31:29 (Aidan Doherty 10:19; Oliver Rushworth 10:52; Jake Tregidgo 10:17); **B Team: 7th 34:22** (Aidan Fairfax 11:32; Liam Battrum 11:30; Jack Forman 11:19)

Under 16 Boys: A Team: 1st 32:27 Jack Rossington 10:44; Callum Millard Jennings 11:06; Freddie Scorey-Hall 10:35); **B Team: 11th 36:25** (Jack Rushworth 13:03; Thomas Swan 11:54; Criz Carvell 11:27); **C Team: 15th 39:25** (Archie Bright 13:00; Harison Nolan 12:37; James Campbell 13:47)

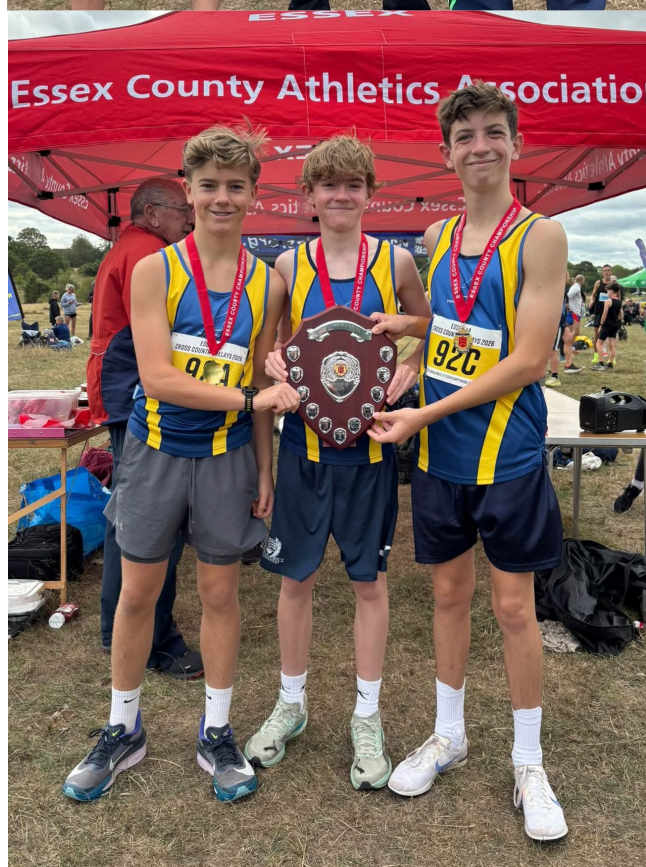
Under 14 Boys: A Team 8th 36:38 (Parker Swaisland 11:56; Finley Brennan 12:35; Max Forman 12:06);

Senior Women: 1st Senior A Team 73:16 (Kate O'Neill 22:07; Robyn Matson 25:24, Lydia Smith 25:44
10th Senior B Team 89:12 (Stephanie Phillips 28:06; Clare Davies 28:13; Clare Rudgley 32:51)

Under 18 Women: A Team 8th 40:13 (Ruby Beasley 13:02; Evie Green 14:34; Poppy Vines 12:36).

Under 16 Girls: A Team: 11th 43:59 (Lucy Tregidgo 14:36; Holly Mason-Hughes 14:37; Esther Oyemike 14:44)

Under 14 Girls: 8th 40:19 (Darcy Davies 12:40; Ava Lynch 13:58; Amelia Bright 13:40); **B Team 14th 43:13** (Elora Olatunji 13:13; Sophia Crocker 14:24; Ina Johnson 15:35)



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