



Essex Cross Country Championships – Basildon Sat 4th January 2025

There were seven medals, four individual and three team, as the Essex Cross Country Championships were held on Saturday in close to freezing conditions at the icy and hilly Gloucester Park, Basildon course on which many athletes struggled to keep their footing.

The **Senior Women** upgraded their 2024 team silver to gold this year as Kate O'Neill and defending champion Lauren Reed made the podium, winning silver and bronze respectively, as GB international and England Athletics 1500m champion Khahisa Mhlanga reeled in Kate's early lead to take gold. Robyn Matson in 14th and 18th placed Morgan Campbell completed the scoring four to push Colchester Harriers into silver by a single point, with Rebecca O'Rourke in 40th.

James Stewart carried over his good form when winning the last Essex League fixture to run a great race to come home third in the **Senior Men** event to pick up his first county medal. He was followed home by York University student Alex Ford in 18th with Kieran O'Hara not far behind in 25th and Rob Warner in 28th. Sam Atkins in 53rd and James Blogg in 68th completed the scoring team who finished fifth overall as Matt Bland 87th, Gary Atkins 132nd, Graham Hogan 139th and Steve Walker 149th completed the Havering contingent.

The **Under 15 Girls** won bronze as all four scorers packed well. Orla Friel was first home in seventh one place ahead of Emmie Lole in eighth with Poppy Vines in 12th and Jasmine Asmal in 17th completing the scoring four. The B team of Ruby Beasley (25th), Elena Williams (30th), Daisy Cossey-Atkins and Jessie Lynes in 35th and 36th placed seventh and the C Team of Callie Ziepe (39th), Alex Field (43rd) and twins Olivia and Holly Bradbury in 45th and 49th were ninth in the team stakes with Amelie Madlin in 50th completing a strong club turnout of 13 finishers.

The **Under 17 Women** also won bronze thanks to Rosie Warner (13th), Grace Tilson in 17th with Ruby Price and Abi Rogers in 22nd and 23rd making up the medal winning quartet.

The **Under 17 Men** were one short of a scoring quartet but Freddie Rowe won individual bronze with Sam Horsley in fourth, both winning Essex selection for the Inter Counties event, while Shea Sweeney was 25th.

Both **Under 13** teams had good representation but were outside the medals.

George Bangs led home the **Under 13 Boys** team in seventh as Callum Millard-Jennings in 11th, Harrison Sewell (16th) and Nathan Hathaway in 32nd completed the scorers in the fourth placed team. The B team of Archie Bright (34th), Austin Broadhurst (37th), Cruz Carvell in 39th and 42nd Billy Sheridan made up the tenth placed B team and Jack Cook, Teddy Madlin and Sam Kirk finished between 49th and 53rd to make it 11 club finishers.

There were nine finishers for the **Under 13 Girls**. Millie Cook was first club runner across the line in 18th with Beth Friel 26th, Violet Everett 30th and Isla Herrera in 32nd the A quartet who placed fifth, with Isla Green, Megan Murphy, Inari Rawle and Elsie Smith between 33rd and 40th for the B team in sixth as Emily Johnson was 41st.

There were incomplete teams in the other age groups. For the **Under 20 Women** Charlotte Evans was fifth to earn Essex selection with sibling Hannah in ninth and Abigail Swan placed 12th while Aidan Doherty (15th) Daniel Jones (29th) and 38th placed Ethan Carroll flew the flag for the **Under 15 Boys**.

In the non-championship **Under 11s** race Oliver Humphrey was fourth with Samuel Paul one place back.

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Senior Men: 3rd James Stewart 41:00; 19th Alex Ford 43:04; 25th Kieran O'Hara 43:40; 28th Rob Warner M40 44:05; 53rd Sam Atkins 46:41; 68th James Blogg M45 48:34; (**Team 5th – 196 points**); 87th Matt Bland M55 50:45; 132nd Gary Atkins M50 55:36; 139th Graham Hogan M45 56:18; 149th Steve Walker M50 58:05

Senior Women: 2nd Kate O'Neill 30:20; 3rd Lauren Reed 31:43; 14th Robyn Matson 34:48; 18th Morgan Campbell 36:03 (**Team 1st – 37 points**); 40th Rebecca O'Rourke 42:03

Under 20 Women: 5th Charlotte Evans 27:36; 9th Hannah Evans 28:08; 12th Abigail Swan 29:31.

Under 17 Men: 3rd Freddie Rowe 20:19; 4th Sam Horsley 21:15; 25th Shea Sweeney 25:36.

Under 17 Women: 13th Rosie Warner 25:07; 17th Grace Tilson 25:41; 22nd Ruby Price 28:12; 23rd Abi Rogers 29:20 (**Team 3rd – 75 points**)

Under 15 Boys: 15th Aidan Doherty 16:47; 29th Daniel Jones 17:54; 38th Ethan Carroll 18:49

Under 15 Girls: 7th Orla Friel 17:29; 8th Emmie Lole 17:32; 12th Poppy Vines 18:11; 17th Jasmine Asmal 19:41; (**Team 3rd – 44 points**) 25th Ruby Beasley 20:21; 30th Elena Williams 21:00; 35th Daisy Cossey-Atkins 21:17; 36th Jessie Lynes 21:33 (B **Team 7th – 126 points**) 39th Callie Ziepe 22:33; 43rd Alexandria Field 23:15; 45th Olivia Bradbury 23:18; 49th Holly Bradbury 24:35; (C **Team 9th – 176 points**) 50th Amelie Madlin 24:38.

Under 13 Boys: 7th George Bangs 12:11; 11th Callum Millard-Jennings 12:41; 16th Harrison Sewell 13:00; 32nd Nathan Hathaway 13:41 (**Team 4th – 68 points**) 34th Archie Bright 13:43; 37th Austin Broadhurst 13:56; 39th Cruz Carvell 14:00; 42nd Billy Sheridan 14:19; (B **Team 10th – 152 points**) 49th Jack Cook 15:05; 50th Teddy Madlin 15:14; 53rd Sam Kirk 15:36.

Under 13 Girls: 18th Millie Cook 14:49; 26th Bethany Friel 15:25; 30th Violet Everett 15:53; 32nd Isla Herrera 16:10; (**Team 5th – 106 points**) 33rd Isla Green 16:46; 38th Megan Murphy 18:01; 39th Inari Rawle 18:27; 40th Elsie Smith 18:29; (B **Team 6th – 150 points**) 41st Emily Johnson 18:30.

Under 11 Boys: 4th Oliver Humphrey 7:26; 5th Samuel Paul 8:21





*More pics on
Havering AC Facebook Page (Members only)
And courtesy of Steve Wilkin (Chelmsford AC) on
[Essex XC Championships 2024 \(full\) Gloucester Park Jan 4th by Steve Wilkin](https://lightroom.adobe.com/shares/7b40cd7f095c4054b98a7f3f9605ef21)
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