



## ***English Schools Cross Country Champs Ardingly Sussex Sat 15<sup>th</sup> March***

**Freddie Rowe was again the pick of the bunch of the three club athletes who proudly represented the Essex Schools' team at the English Schools Cross Country Championships at the Ardingly Show Ground, Sussex on Saturday.**

After finishing ninth at last week's Inter Counties Championships, where he was in the bottom year of his age group, Freddie was looking for a higher finish in Sussex where he was in the top year in the Intermediate Boys' event and a great run saw him come close to a podium place, finishing fourth just a few seconds off a medal. With the top eight earning selection for the English Schools' team at next Saturday's Home Countries International north of the border in Falkirk Freddie achieved his first international vest. Sam Horsley was 131<sup>st</sup> in the same race in his first English Schools appearance for the fifth placed Essex squad.

The third club member at these championships was Orla Friel who finished a respectable 68<sup>th</sup> of the 300+ finishers to complete the strong Essex scoring six who excelled to win a fantastic team silver.

**Intermediate Boys:** 4<sup>th</sup> Freddie Rowe 14:40; 131<sup>st</sup> Sam Horsley 16:07

**Intermediate Girls:** 68<sup>th</sup> Orla Friel 13:51



*Pics: Paul Rowe & Steve Wilkin*