



South of England Cros Country Relays Wormwood Scrubs – 21st October 2023

Havering AC's Under 15 boys' relay trio defended their title at the South of England Cross Country Relay Championships at Wormwood Scrubs at the weekend.

After just missing out on a podium place two weeks earlier at the National Road Relays, the trio of Findlay McLaren, Shea Sweeney and Freddie Rowe made no mistake this time on the grassland circuit in the shadows of the renowned London prison.

Findlay led the way as always and brought the team home in second place after his 2km leg, just three seconds shy of the St Mary's Richmond lead runner. He handed over to Shea Sweeney who ran superbly to make up the deficit and cross the line neck and neck with the St Mary's athlete, clocking 6:41 for his leg. Anchor runner Freddie Rowe made no mistake on the final leg, opening up a 30 second gap on the Richmond team with his 6:09 stage, the fastest leg in the Under 15 race, to add South of England gold to their Essex county cross country relay title that they won last month.

