



South of England Cross Country Relay Championships Wormwood Scrubs Saturday 18th October 2025

The Under 17 men's trio added South of England relay gold to the Essex Cross Country Relay title that they won seven days earlier as they came from behind to win gold at Wormwood Scrubs on Saturday.

Sam Horsley again led off and his 8:45 leg saw him hand over in sixth place, 11 seconds behind leaders Herne Hill. Findlay McLaren's 8:51 leg maintained the team's sixth place as fast legs from the Hillingdon and Bracknell athletes gave them a clear advantage at the second change over, with Havering now 21 seconds off the lead. But once again Freddie Rowe's anchor leg of 8:14, the fastest of the day by over 10 seconds, proved to be decisive as he overhauled all the athletes ahead of him to bring the Havering team home by 10 seconds from Eastbourne, with Woodford Green taking bronze.

The Under 17 Men's B team of Aidan Doherty (9:16), Sean Mugagga (9:53) and Shea Sweeney (9:06) ran well to finish 13th of the 22 finishers and were the first B team home.



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