



Essex Cross Country Relay Champs Weald Park Sat 12th October 2024

Havering AC teams won a gold and a silver medal at the Essex Cross Country relays held at the very hilly Weald Park course on Saturday.

The **Masters 40** were the only team to win gold and they did so in style. They were led off by Will Kirk who handed over in third place with his 22:53 leg, before James Connor, with the fastest 6k leg of the day (19:59) put them in front and Rob Warner extended the lead with his 21:30 leg to bring the team home over seven minutes clear of the opposition for gold. The other M40 team of Jason Lendon (23:29), Ian Anthony (25:00) and Barry Smith (25:03) finished a good seventh.

The **Senior Men's A** team were unable to emulate last season's silver medal and had to settle for a fourth place finish. They were led off by Kieran O'Hara, whose great run (20:56) handed over in second, but the combined efforts of Ben Davis (21:56), Charlie Burgess (22:53) and Sam Atkins (22:34) fell short of a podium place but they were still a very respectable fourth place. The B team of Ryan Carroll (23:27), Luke Chester (23:32) Michael O'Callaghan (26:14) and Max Robbins (27:08) ran well to finish in 13th place.

There were three **M50** teams with the A team of Martin Chester (25:40), Matt Bland (25:01) and Tony Pecoraro (26:56) finishing fifth with the B team of Gary Atkins (28:10), Steve Walker (27:09) and Dan Meredith (26:17) in 10th and the C team of Roy James (30:17) Gary Robbins (39:06) and John Barker (28:16) finishing 16th

The other club medal came from the **Under 17 Men** who won silver. Findlay McLaren's 10:35 opener put the team in the medal hunt before Sam Horsley, in his first club competition, handed over in second after his 10:21 split and Freddy Rowe's blistering 9:48, the second fastest of the day, ensured silver. The incomplete B team of Shea Sweeney (11:19) and William Tilson (12:10) also saw action.

Four other club teams fell one place short of a podium place. The **Senior Women's** trio of Robyn Matson (26:56), Clare Davies (28:25) and Ginte Bailey (27:16) were fourth with the U20W trio of Abigail Swan (29:44), Charlotte Evans (27:57) and Hannah Evans (27:33) in seventh. There were a fourth places for the **Under 17 Women's** team of Ruby Price (13:35), Rosie Warner (14:42) and Grace Tilson (13:57) and the **Under 15 Girls** Orla Friel (12:00), and Jasmine Asmal and Poppy Vines, who both clocked 12:38. The under 15 Girls B team of Ruby Beasley (13:20), Skye Eastman (14:48) and Daisy Cossey-Atkins (14:03) were eighth.

There was also a fourth place for the **Under 13 Boys** team of Callum Millard Jennings (12:06), Cruz Carvell (13:05) and Harrison Sewell (12:33) with Jack Cook (12:31) and Archie Bright (13:47) also in action.

The club line ups were completed by the **Under 15 Boys** as the A team of Joe Sewell (11:35), Liam Battrum (11:55) and Aidan Doherty (11:09) were sixth with the B Team (Ethan Carroll 11:59; Tristan Williamson 13:19; Sean Mugagga 12:41) in 13th and the **Under 13 Girls** with Elsie Smith (15:51). Lucy Tregidgo (15:57) and Megan Murphy (15:33) in eighth and an incomplete B Team of Edie Smith (16:20) and Olivia Wheeler (15:54).

RESULTS:

Senior Men: 4th A Team **88:20** (Kieran O'Hara 20:56, Ben Davis 21:56; Charlie Burgess 22:53, Sam Atkins 22:34); 13th B Team 100:23 (Ryan Carroll 23:27; Luke Chester 23:32; Michael O'Callaghan 26:14; 27:08)

Men 40: 1st A Team **64:22** (Will Kirk 22:53; James Connor 19:59; Rob Warner 21:30); 5th B Team 73:33 (Jason Lendon 23:29; Ian Anthony 25:00; Barry Smith 25:03).

Men 50: 5th A Team **77:38** (Martin Chester 25:40; Matt Bland 25:01; Tony Pecoraro 26:56); 10th B Team: (Gary Atkins 28:10; Steve Walker 27:09; ?? 26:17; 16th C team 97:40 (Roy James 30:17; Gary Robbins 39:06; John Barker 28:16)

Under 17 Men: 2nd A Team 30:45 (Findlay McLaren 10:35, Sam Horsley 10:21; Freddie Rowe 9:48); B Team: Shea Sweeney 11:19; William Tilson 12:10

Under 15 Boys: A Team: 6th 34:40 (Joe Sewell 11:35, Liam Battrum 11:55; Aidan Doherty 11:09). B Team: 13th 37:59. (Ethan Carroll 11:59; Tristan Williamson 13:19; Sean Mugagga 12:41

Under 13 Boys: 4th 37:45 (Callum Millard Jennings 12:06; Cruz Carvel 13:05; Harrison Sewell 12:33); B Team: (Jack Cook 12:31; Archie Bright 13:47)

Senior Women: 4th Senior Team 82:38 (Robyn Matson 26:56, Clare Davies 28:25; Ginte Bailey 27:16); 7th U20W Team 85:15 (Abigail Swan 29:44; Charlotte Evans 27:57; Hannah Evans 27:33)

Under 17 Women: 4th A Team 42:17 (Ruby Price 13:35; Rosie Warner 14:42; Grace Tilson 13:57).

Under 15 Girls: A Team: 4th 37:17 (Orla Friel 12:00, Jasmine Asmal 12:38; Poppy Vines 12:38). 8th B Team: 42:12. (Ruby Beasley 13:20; Skye Eastman 14:48; Daisy Cossey-Atkins 14:03)

Under 13 Girls: 8th 47:23 (Elsie Smith 15:51; Lucy Tregidgo 15:57; Megan Murphy 15:33); B Team: Edie Smith 16:20; Olivia Wheeler 15:54



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