



Essex & Suffolk Road Relays Northern Gateway Leisure Park, Colchester Sunday 7th April

Club senior teams won gold, silver and bronze at the Essex & Suffolk Road Relay Championships as the effects of Storm Kathleen made life difficult for the runners and did their best to disrupt proceedings at a very windy Colchester Leisure Park on Sunday.

The **Senior Men's** team reclaimed the trophy, which they won in 2022 and just missed out on last year, coming home over a minute in front of runners up Ilford. Sam Atkins led off with his 15:16 leg to hand over to James Stewart who posted the same time to give the Havering team a narrow lead over their Essex rivals. Ben Davis' leg took just 14:47 to further extend the lead and James Connor's even faster anchor of 14:38 as the fastest of the quartet to bring home gold and the team trophy.

After some late dropouts, the second senior team only had two runners and one of those Kieran O'Hara ran a great race and his 14:48 clocking was the second fastest of all the Havering runners and the other Alex Friend had a good run with his 16:08 clocking.

The **Vet 40 Men's** team of claimed the silver medal for the second year thanks to James Blogg (16:20), Rob Warner (15:30) and Ian Anthony (18:17) with Warner running the fastest leg in the Vets race.

The **Vet 50 Men's** team of Martin Chester (17:37), Matt Bland (17:38) and Steve Rand (18:16) were not to be outdone and took the bronze medal and the Vet 50 B team of Steve Walker (19:21), Gary Atkins (18:23) and Roy James (20:34) also did well while coach Russ Middleton (20:29) was the sole C team representative.





