



## **Inter Counties Cross Country Champs Wollaton Park Nottingham Sat 10<sup>th</sup> March 2024**

**Freddie Rowe won his first National cross-country medal with a brilliant third place in Essex colours finish to claim **Under 15 Boys'** bronze at the Inter Counties Championships at Wollaton Park, Nottingham on Saturday, to add to his recent indoor National 1500m bronze.**

Freddie was always in the top half a dozen in filed on almost 300 the 4km race on the undulating parkland course and his strong finish saw off the medal challenge of Devon's Rory Barclay-Watt and almost overhauled early leader Evan Grime (Great Manchester) for silver as Kent's Joe Scanes took gold by 20 seconds. Freddie's Essex team placed fifth.

Lauren Reed returned to cross country action after her recent win in the Wokingham Half Marathon to place a respectable 17<sup>th</sup> in her first appearance in the **Senior Women's** 8km Inter Counties race for over 10 years. Morgan Campbell was the sixth scorer for the fifth-placed Essex team finishing 133<sup>rd</sup> in a field of over 250. In the **Under 20 Women's** event Bath University student Maddie Barker took a step back towards fitness after recent injury and illness with a 49<sup>th</sup> place finish for the fourth placed Essex team and the Havering representation was completed by Charlie Burgess was 139<sup>th</sup> in the **Under 20 men's** race in his first Inter Counties appearance.

