



***Essex County 5000m Championships***  
***Brentwood, Wednesday 21<sup>st</sup> June 2025***

**Kate O'Neill and Lauren Reed both struck gold at the Essex County 5000m Championships at Brentwood, and Lauren added another W40 record, following her recent W40 1500m and 3000m club marks.**

Kate crossed the line in 16m 19.2 secs to take almost 40 seconds off her previous best, ahead of the defending champion Colchester's Lizzie Wellsted who competed for the GB Under 20 team at last year's World Junor Championships. Behind them Lauren Reed was the third place female winning W40 gold in a time of 16:44.6, her fastest since 2017 to set a new club W40 best to complete the set of club bests at 1500m, 3900m, 5000m half marathon and marathon.

James Stewart was the highest place club male in 10<sup>th</sup> with the fastest time by a club male this summer

**Final C:**

3<sup>rd</sup> Rob Trevor M45 17:50.0 **PB**; 6<sup>th</sup> Mike O'Callaghan 18:13.02 **PB**

**Final B:**

5<sup>th</sup> (SW **Gold**) Kate O'Neill 16:19.2 **PB**; 9<sup>th</sup> (W40 **Gold**) Lauren Reed 16:44.6 (W40 Club record)

**Final B:**

10<sup>th</sup> James Stewart 15:23.3; 13<sup>th</sup> Chander Dhillon 15:33.9



More Steve Wilkin pics – see links on Club & Essex County Facebook sites