



Essex Veterans Cross Country Champs Chingford Sat 13th December 2025

James Connor won his third successive his Essex Masters title to lead home the Havering AC M40 squad to team silver at the Essex Veterans Cross Country Championships held at Epping Forest on Saturday while Ginte Bailey also struck individual gold in the W40 event.

After wins in M40 championships in the past two years James Connor made no mistake again this time out coming home over 30 seconds clear of Braintree's Peter Coates in chilly conditions on a course which got muddier as the day went on. Rob Warner finished fourth, one place better than last year, and Alfie Waithaka 17th place, also saw him place fourth one second outside winning bronze in the individual M45 championship. Graham Pritchard's 21st, which was sixth M45 home, saw the squad place second behind a strong Orion squad who finished all their four scorers inside the top 10. Rob Trevor and James Blogg were 30th and 31st (10th & 11th M45) with Ian Anthony 33rd completing the Havering squad.

Ginte Bailey struck gold in her first Essex Vets championship after joining the W40 age group, coming home a minute clear of her closest W40 opponent. Team manager Jane Hallam was the other club competitor finishing 101st overall and 18th in the W55 placings.

Six club Masters competed in the M50s and over championship race. John Barker was first club man home in 22nd to place eighth in the M60 championship. Steve Rand was the first club M50 athlete to finish in 25th with Tony Pecoraro's 37th placing 10th in his M60 age group. Gary Atkins in 62nd, Steve Walker 75th and Roy James 121st were the other club competitors as the team placed eight.

Club cross country action resumes on Saturday 4th January at the main senior and young athletes County Cross Country Championships take place at Basildon's Gloucester Park

Men 40: 1st James Connor 27:28; 4th Rob Warner 28:54; 17th Alfie Waithaka (M45 4th) 31:37; 21st Graham Pritchard (M45 6th) 31:58 (Team 2nd) 30th Rob Trevor (M45 10th) 33:04; 31st James Blogg (M45 11th) 33:08; 33rd Ian Anthony (M45 13th) 33:43;

Men 50: 22nd John Barker (M60 8th) 24:18; 25th Steve Rand (M50 15th) 34:48; 37th Tony Pecoraro (M60 10th); 62nd Gary Atkins 38:30 (M55 15th); 75th Steve Walker (M55 22nd) 40:03; 121st Roy James (M 55 33rd) 57:59. (Team 8th)

Women 40: 3rd Ginte Bailey (W40 1st) 35:43; 101st Jane Hallam (W55 18th) 51:43

