



Cross Country Awards 2024-25: Hornchurch Conservative Club – Friday 23rd May 2025

Good evening everybody and welcome on behalf of Havering Athletic Club to the 2024-25 annual cross-country awards. As always, it's great to see so many familiar & friendly faces, with no hills, mud clogged shoes, a warm temperature and not even a hint of rain in sight.

Firstly, as always, we would also like to recognise and congratulate the parents for making sure our athletes got to the start line in the first place, fit and well to wear the club vest with such distinction. **So, as usual let's give them a round of applause!**

Tonight is all about acknowledging the achievements of our athletes for both **Club Best Performance** and just as importantly **Team Member Awards**. The awards are being presented by our Club President Claire Brennan and, as ever, the respective team managers have selected the winners. First of all, we start with the awards for the seniors and veterans.

We had a full winter programme although the South of England Championships were cancelled due to the extreme weather conditions. Our athletes again won individual and team prizes, and it was another decent season, although perhaps not quite as many highs as some recent years. The major team successes were achieved by the senior women who had a brilliant winter, winning the Essex League and the County title for the first time for several year while for the men it was the Masters who took the honours winning the Essex veterans' title and the cross country and the end of season Road Relays. The team managers again thank all their squads for their hard work and commitment throughout the winter season.

We'll start with the award for **Club Best Performance by a Male Veteran**: He had three top ten finishes in the Essex League, with the other two just outside the top 10 and he won the M40 league title with a race to spare. He was fifth in the county Masters Champs and was part of the brilliant vets scoring teams that won gold in the cross-country relays in October, the Masters cross-country on a muddy Epping Forest course in January and completed the hat-trick of golds at the Road Relays in April. This man just keeps on going. The award once again goes to **ROB WARNER**



The winner of the **Male Veterans Team Member Award** goes to a man who is a good athlete to have in your team. He competed for the club at every opportunity, rain or shine, and always finishes with a smile on his face. Injuries made have held him back but he put that behind him and did his best for the club, wearing the club colours with pride. The worthy winner is **GARY ATKINS**.

We now move to the Ladies and the award for the winner of the **Veteran Ladies' Best Performance** once again goes to a long-standing team member who is receiving this award for the third year. She ran in four of the five Essex League races, finishing in 12th position in the V50 Category. She also competed in the Vets Champs at a very muddy Epping Forest, coming 74th overall and was 23rd in the V50 age category. The award once again goes to **CLARE RUDGLEY**.



Now onto the **Senior Men's Best Performance** award which goes to an athlete has worked really hard to reach this level. An excellent series of Essex League results which included a third place at Hockley and a win at Writtle brought him second in the individual stakes and his county bronze medal which earned him Essex selection at the Inter Counties shows just how much he has improved this winter. The best performance award goes for the first time goes to again is **JAMES STEWART**.

Next to the **Senior Men's Team Member** award which goes to an athlete who has continuously improved every season. Ever present in the Essex League, his top ten finish in all five rounds brought him third place in the overall league standings and helped the team to runners-up in the league. He ended the winter with an impressive PB when placing fifth in the Brentwood Half. A really good runner to have in the team. The winner is **KIERAN O'HARA**.



The **Senior Women's Best Performance** recipient this year is a key member of the Senior Ladies team who ran in all five of the Essex League races, finishing overall in fourth in the individual standings, and was a key member of the winning Senior Ladies team. She also ran in the Main County Championships at Basildon, placing 18th, and was part of the scoring four in the gold medal winning ladies team, well done to **MORGAN CAMPBELL**.

The winner of **Senior Women's Team Member** award goes to another key member of the Senior Ladies team, who competed in all five of the Essex League races, placing 13th overall. She competed in the Main county Champs at Basildon, placing 40th and she also saw action at the SEAA Champs at Beckenham, the Inter Counties at Nottingham where she was a fine second in the ladies para race, and the Nationals at Parliament Hill. She is a reliable member of the team, well done to **REBECCA O'ROURKE**.



We now move down to the younger age groups who overall fell short of the high spots of recent years, although winning individual and team championship medals. The highlights were the Southern relay title win for the Under 15 Boys in October and fourth in the National Road Relays.

We start with the **Under 20s**.

The winner of the **Club Best performance** award for **Junior Men** is a young man who has had a very good season. A series of good results in the senior races in his four Essex League appearances saw him win the league individual trophy – a feat that is hard to do. He was the only club under 20 to compete at the South Of England Championships. His running this season has been an inspiration to other youngsters– the winner for the second year is: **CHARLIE BURGESS**

Now for the **Junior Men's Team member** award, which goes to another athlete who had a good season in his first year as an Under 20. He competed in all five Essex League fixtures, always pushing to get into the scoring team, and his performances earned him the individual runners up trophy, beaten only by his teammate Charlie Burgess. The future looks bright for the club with young men like these coming through. The winner is **RYAN CARROLL**.

Onto the **Junior Women Best Performance** award which this year is given to two runners who jointly deserve recognition this season. In their first year as Under 20s, they have continued to compete at the highest standard, placing second and fourth place in the Essex League individual table, their contribution helped Havering bring home the 1 league title. Both finished in the top 10 at the Essex championships, and in the top 50 when they represented Essex at the South-East Schools Inter Counties. Their enthusiasm and passion for running make them an asset to any team they are in. Most of us can't tell them apart anyway so it's no surprise that this award goes jointly to **CHARLOTTE** and **HANNAH EVANS**.



The winner of the **Club Best Performance** award for **Under-17 Men** is an athlete who prefers track to cross country events but when he competes he usually does well. He was a member of the team who made the Top 20 at the English Young Athlete Relays and the following week was first leg runner in the Under 17 team which won silver at the Essex Cross Country relays. He achieved two top ten finishes in the Essex League and was 26th in the County Schools event. The winner is **FINDLAY MCLAREN**.

Under 17 Men Team Member award was also a member of the team at the English Young Athlete Relays and the following week also competed for the Under 17s at the Essex Cross Country relays. He was 25th at the county championships and ran at the London Youth Games at Parliament Hill. He has already started the summer season by smashing his 800m PB. Well done to **SHEA SWEENEY**.

The winner of the **Club Best Performance Award for Under-17 Women** goes to a young lady who year after year she has proved her commitment to the sport, often being the only Havering runner in her age group. This season saw some fantastic performances and an individual 10th place finish in the Essex league. Her top-20 finish helped her team win an Essex bronze, and place fourth at the cross-country and road relays. She ran solo at Hockley and at Parliament Hill, taking on the challenge with her characteristic determination, never escaping the eagle-eyed lens of Kevin's camera. Very well done to **GRACE TILSON**.



The **Club Best Performance** award for **Under-15 boys'** award goes to an athlete who realised that cross country is a way of improving his track events, particularly the 800m where he has already smashed his previous bests. He finished just outside the top 10 in two of his three Essex League competitions, and he was 15th in the County Championships and competed in the Essex Relays, London Youth Games and South of England Championships. The future in the Under 17s looks promising for **AIDAN DOHERTY**

The **Under-15 boys Team Member** award also goes to another athlete who put in a series of four consistent performances in his Essex League races, always finishing between 13th and 15th and placing 11th in the individual tables. He also finished 25th in the Essex Schols event. A valuable team member who fully deserves this award, the winner is **JOE SEWELL**.

We now come to the award for **Club Best Performance for under-15 girls** and the commitment and effort of this dedicated young runner has really paid off this season as she keeps on getting faster and faster. Placing third in the Essex league, she missed only one of the five races as she was representing Havering at the London Youth Games. Her 12th place finish at the Essex championships helped her team secure a bronze medal, and she was the first of her team home at both the South of England and the National championships. Her recent outstanding performances were invaluable to winning team silver at the Essex & Suffolk road relays, and helping Havering U15 girls finish as the top London Borough at the mini-marathon. Congratulations to the deserving winner, **POPPY VINES**.

The winner of the **Team Member** award in this **under-15 girls'** age group scored for her team on an impressive seven out of seven appearances this season, with her dedication helping the U15 girls to finish fourth in the Essex league table. She has also competed in the Essex cross country relays, the Essex championships, the London Youth Games, the South of England and the National Championships and has gained an impressive collection of hoodies as a result! A hard-working and valuable team member, this award goes to **RUBY BEASLEY**.



An excellent season sees the **Club Best Performance** for **under-13 boys** award go to an athlete who was in the top 10 of his four Essex League appearances, with a highest finish of fourth and ranking fifth in the individual stakes. He was 13th in the County Championships and competed in the County relays, the London Youth Games and the southern Champs. The award goes to **CALLUM MILLARD JENNINGS**.

The **Team Member** award winner for **under-13 boys** goes to an athlete who competed in every possible team competition for the club, including all five Essex League matches, ranking 11th, the Essex Relays and Essex Champs, where he made the top 40, the Southern Champs, and the English National on the tough Parliament Hill course. What he may lack in feet and inches he makes up with sheer commitment! Congratulations go to **CRUZ CARVELL**.



We have now come to the final age group, the **Under-13 girls** and the **Club Best Performance** award goes to a talented young lady who was the best finisher in her team on four out of her five appearances this season. With top ten performances at the Hainault and Hockley cross-country leagues, she was also the first Havering under-13 girl to cross the finish line at the Essex championships and the South of England championships. Congratulations on a great season to **MILLIE COOK**.

The winner of the **Under-13 girls Team Member** award had a very busy season, representing Havering an impressive seven times and scoring for her team on five occasions. Not only did she help her team place joint-third in the Essex league, but she was one of the three brave Under-13 girls who took on the hills and the mud at Parliament Hill for the national finals. Often found sheltering under her dry-robe while she waits for her brother to finish his race, this award goes to **LUCY TREGIDGO**



We now come to the first of the special awards where the winner has been selected by the Club's Management Committee. The Committee can elect each year to make a special presentation to those athletes who have excelled when competing outside the League structure – for example in prestigious County, Regional and National Championships.

The first of these special awards is in the **Male Under-20 to Veteran category** where we again celebrate the achievements of an athlete who has been a great flag bearer to the club since he joined. His main focus is mainly on the roads which limits his cross-country season, but he led the M40 team to county relay gold in October, with the fastest lap of the day, and went on to lift the Essex County Masters title. After qualifying for Home Countries International he represented England Masters in Belfast and came home as first M40. He posted series of outstanding results on the roads including masters wins in Cambridge and Wokingham and won the Essex 20 title before improving the club M40 marathon best by over 15 minutes as he clocked 2:21.43 at the London Marathon. The outstanding winner is once again **JAMES CONNOR**.

The **Female Under-20 to Veteran category** sees us welcome back a great athlete whose career as a senior has been held back by injury. Now back in the UK after two years in the USA he showed us what we've been missing with an excellent winter season. Local wins in the first two Essex League fixtures and a silver medal at the Essex Championships led to a fourth place in the southern Champs, a 10th place in the Leeds Cross Challenge and 10th in the National before a sixth-place finish in the Inter Counties. Her half marathon debut saw her finish second on the Brentwood Half Marathon and she has hit the ground running with first track results. We expect to see much more of **KATE O'NEILL**.



We now come to the final individual award – that for **Males in the Under-13 to Under 17 age groups** which again goes to a returning winner. After fast legs in the English Relays and Essex Cross Country Relays he was second in the Essex League and fourth in the London Youth Games before placing 10th in the U17s at the Liverpool Cross Challenge. Third in the County Schools event and an Essex Schools win and seventh in the Southern Champs set him up for the national events which proved to be the highlight of the winter season. After finishing ninth in the Inter Counties a fourth-place finish in the English Schools in Sussex earned his England selection, where he placed fifth in the Schools International in Scotland. His track season has started with two brilliant club records. The winner for the fourth successive year is **FREDDIE ROWE**.



That concludes the formalities of the evening, so in a moment could all the winners join us at the front for the traditional group picture. The buffet will also be opened, so please help yourselves.

