



***British and Irish Masters International
Glasgow Saturday 11th November 2023***

Rob Warner helped the England Vet 40 squad to team silver at the British and Irish Masters International held at a hilly and frosty Tollcross Park course in Glasgow on Saturday.

Warner crossed the line in 26m 22secs to finish tenth in his age group, and was the fourth scorer for the England team who came second to the hosts by four points. It was Rob's second appearance in the fixture, as he helped England to bronze in last year's equivalent event in Dublin.

James Connor, who had to pull out of last year's international as he had tested positive for COVID, had hoped to make amends this time but was overlooked by the selectors. Connor, who won the first three Essex League races, told *Athletics Weekly* "I did not run the selection race in Derby and I had submitted the required information to be considered, with my 10km time at Southend of 31m 31s. It is a shame, as that was my main target and I think I could have raced to win".

