



Essex 5000m Track Championships Ilford Friday 16th June 2023

There were two silver medals at Friday's Essex 5000m championships held at the Cricklefield track, Ilford.

In the men's A final Ben Davis upgraded his bronze from last year to silver this time around as Colchester's Dean Williamson took gold. James Stewart, Louis Berrett (PB) and James Blogg also competed.

The Women's championship also saw Colchester strike gold as Lizzie Wellsted crossed the line in a new career best as Laure Reed improved her club W35 record to 17: 21.7s in winning silver.

Men's Final A: **2nd** Ben Davis 15:11.3s; 13th James Stewart 15:52.7s Final B: 5th Louis Berrett 16:53.4s PB; 8th James Blogg 17: 22,9s;

Women's Final: **2nd** Lauren Reed 17:21.7s

Ben Davis (33) in recent NAL action at Basingstoke (Pic: Mark Hookway, Tonbridge AC)

