



Essex Cross Country League – Round 3 – Writtle College Sat 4th November

Three individual wins and the first team win of the season were the highlights of the third round of the Essex Cross Country League fixtures hosted by Havering AC at a muddy and slippery Writtle University College course on Saturday.

A third consecutive win for James Connor helped the **Senior Men** to victory and put pressure on league leaders Southend. Ben Davis was second with a strong run followed by James Stewart and Rob Warner in ninth and tenth and Sam Atkins in 18th and Kieran O'Hara 30th both ran well to complete the scoring team who beat Southend by 17 points.

Will Kirk in 44th led home a group of Havering runners with Alex Friend 60th, Gary Atkins 64th, Luke Chester 72nd, Rob Trevor 82nd, Charlie Burgess 84th, Steve Rand 96th all in the top one hundred. They were followed by Louis Berrett 102nd, Owen Fisher 108th, John Whitehead 120th, and Max Robbins in 128th. Graham Hogan in 136th was followed home by group of senior runners with Gary Atkins 150th, Tony Pecoraro 165th, Steve Walker 167th and Dan Meredith 168th. Michael O'Callaghan 175th, Paul Berrett 197th, and Roy James 233rd completed the Havering 25 runners.

The **Senior Women** had their best result of the season placing second. Lauren Reed was a good runner up with Morgan Campbell (12th), Ginte Bailey 14th and Clare Davies in 42nd were the other scorers. They were followed home by Stephanie Phillips and Rebecca O'Rourke (72nd and 73rd) with Clare Rudgley in 90th. Tracy O'Neill (142nd), team manager Jane Hallam (149th) and Haleema Asmal (162nd) made it a ten-strong line up.

The first race of the day was held in rainy conditions on the already rain-soaked course. Last time out Summer Smith finished just two seconds behind the boys' winner in the joint **Under 13** race but this time she made no mistake to come home clear of the mixed field. Elena Williams (15th), Skye Eastman (21st) and Amelie Shearing (24th) combined for the **Under 13 Girls'** best team placing of the season in third, as Zeni Williams and Orlaith McLaren were 24th and 33rd.

The **Under 13 Boys** team again finished second as Oliver West in fifth, Callum Millard-Jennings in eighth with Isaac Shearing 23rd and 30th placed George Burgess the scoring four. Michael Lesser and Zachary Binge were 39th and 40th and Henry Langford, Logan Hunt and William Millard all finished in the top 50.

The Under 15 race was also held in wet conditions before the weather improved. After dropping out last time Freddie Rowe returned to winning ways for his second **Under 15 Boys** victory of the season. Shea Sweeney was ninth as Stevie Reynolds (15th) and Liam Battrum in 19th were the scorers for the second placed team, with Ethan Carroll just behind in 20th.

The **Under 15 Girls** were a good third. Ruby Price was first club athlete home in seventh, with Jasmine Asmal (9th), Poppy Vines (18th) and Daisy Cossey-Atkins (26th) the other scorers in the fourth placed team with Grace Tilson one place back in 27th.

The **Under 17 Women** were third again as Madison Heil led them home in ninth ahead of 15th placed Charlotte Evans, and Abi Swan in 18th. Rosie Warner was 20th but Hannah Evans failed to finish. Jack West was again the leading club athlete for the **Under 17 Men** in 14th, with Ryan Carroll one place back and Toby Johnson placed 20th with Sean Langan 25th, Nathan Hart 29th.and Joseph Gray 41st.

There is no club competition next weekend but many club young athletes will be in schools' action as the East Region final of the English Schools Cup takes place at Southend, with team places in next month's National Final in Suffolk at stake.

Essex Cross Country League – Round 2 Results

Senior Men: 1st James Connor M40 26:33; 2nd Ben Davis 26:48; 9th James Stewart 27:29; 10th Rob Warner M40 27:31; 18th Sam Atkins 28:06; 30th Kieran O'Hara 29:09; (**Team 1st – 70 points**); 44th Will Kirk M45 30:02; 60th Alex Friend 30:37; 64th Ian Anthony M45 31:05; 72nd Luke Chester 31:21; 82nd Rob Trevor M40 31:56; 84th Charlie Burgess U20 32:02; 96th Steve Rand M50 32:30; 102nd Louis Berrett 32:46; 106th Owen Fisher U20 32:54; 120th John Whitehead 33:28; 128th Max Robbins U20 33:41; 136th Graham Hogan M45 34:02; 150th Gary Atkins M55 34:35; 165th 125th Tony Pecoraro M60 35:13; 167th Steve Walker M50 35:16; 168th Dan Meredith M50 35:18; 175th Michael O'Callaghan 35:42; 197th Paul Berrett M60 36:51; 233rd Roy James M50 38:46; **Teams:** 1st Havering 70; 2nd Southend 87; 3rd Braintree 140; **League:** 1st Southend 4; 2nd Havering 5; =3rd Thurrock & Orion 12.

Senior Women: 2nd Lauren Reed 28:02; 12th Morgan Campbell 29:31; 14th Ginte Bailey 30:08; 42nd Clare Davies 33:35; (**Team 2nd – 70 points**); 72nd Stephanie Phillips 37:04; 73rd Rebecca O'Rourke U20 37:06; 90th Clare Rudgley W45 38:33; 146th Tracy O'Neill W55 46:21; 149th Jane Hallam W55 46:30; 162nd Haleema Asmal W45 49:35; **Div. 1 Teams:** 1st Colchester H 43; 2nd Havering 70; 3rd Chelmsford 76. **League:** 1st Colchester H 4; 2nd Chelmsford 6; 3rd Havering 8.

Under 17 Men: 14th Jack West 24:44; 15th Ryan Carroll 24:51; 20th Toby Johnson 25:43; (**Team 4th – 49 points**); 25th Sean Langan 26:46; 29th Nathan Hart 26:58; 41st Joseph Gray 30:06. **Teams:** 1st Southend 9; 2nd Basildon 33; 3rd Havering 49 **League:** 1st Southend 6; 2nd Basildon 7 3rd Chelmsford 8; 4th Havering 14

Under 17 Women: 9th Madison Heil 29:26; 15th Charlotte Evans 30:33; 18th Abigail Swan 31:19; (**Team 3rd – 42 points**). 20th Rosie Warner 32:06; Hannah Evans DNF. **Teams:** 1st Southend 14; 2nd Colchester H 15; 3rd Havering 42. **League:** 1st Southend 3; 2nd Colchester & Tendring 8; 3rd Havering 9.

Under 15 Boys: 1st Freddie Rowe 13:10; 9th Shea Sweeney 14:34; 15th Stevie Reynolds 15:13; 19th Liam Battrum 15:49; (**Team 2nd - 44 points**); 20th Ethan Carroll 15:56; **Teams:** 1st Chelmsford 36; 2nd Havering 44; 3rd Harlow 77; **League** 1st Chelmsford 3; 2nd Havering 6; 3rd Harlow 11

Under 15 Girls: 7th Ruby Price 17:18; 9th Jasmine Asmal 17:22; 18th Poppy Vines 18:18; 26th Daisy Cossey-Atkins 19:29; (**Team 3rd – 60 points**) 27th Grace Tilson 19:33; **Teams:** 1st Basildon 35; 2nd Brentwood Beagles 50; 3rd Havering 60; **League:** 1st Brentwood Beagles 4; 2nd Basildon 6; =3rd Southend & Havering 10

Under 13 Boys: 5th Oliver West; 8th Callum Millard-Jennings; 23rd Isaac Shearing; 30th George Burgess (**Team 2nd – 66 points**) 39th Michael Lesser; 40th Zachary Binge; 43rd Henry Langford; 45th Logan Hunt; 50th William Millard. **Teams:** 1st Basildon 15; 2nd Havering 66; 3rd Chelmsford 89. **League:** 1st Basildon 3; 2nd Havering 8; 3rd Chelmsford 11

Under 13 Girls: 1st Summer Smith; 15th Elena Williams; 21st Skye Eastman; 24th Amelie Shearing (**Team 4th – 61 points**); 24th Zeni Williams; 33rd Orlaith McLaren; **Teams:** 1st Chelmsford 15; 2nd Brentwood Beagles 55; 3rd Havering 61; **League:** 1st Chelmsford 3; 2nd Brentwood Beagles 7; 3rd Basildon 9; 4th Havering 11

No times available for U13 races











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