



## ***Inter Counties Cross Country Championships Nottingham Sat 8<sup>th</sup> March***

**There were good results from the six club athletes who represented Essex at the Inter Counties Cross Country Championships held on Saturday in sunny and warm conditions at the undulating parkland course at Wollaton Park, Nottingham.**

The proceedings got underway on Saturday morning with an inaugural para race at these championships and Rebecca O'Rourke celebrated the occasion with a brilliant silver medal in the women's section of the combined 4000m race.

Kate O'Neill's fine winter season got even better when she finished sixth in the Senior Women's 8000m race. Kate started cautiously over the initial mile but worked her way through the field into the top 10 and her strong finish over the closing stages took her up to sixth, her highest placing in a national competition at senior level. The National winner Oxfordshire's Jessica Gibbon was again clear of the field to take gold and Olympic Triathlon medallist Georgia Taylor-Brown took silver.

Another athlete in good form, indoors and out, has been Freddie Rowe who did not disappoint at Nottingham as he finished ninth. He was always in the leading dozen and like Kate he finished strongly to overhaul several athletes in the latter stages to claim ninth. Sam Horsely finished 120<sup>th</sup> in the top half of the field of 290 in his first Inter Counties appearance. This weekend Freddie and Sam tackle the English Schools Championships at Ardingly, Sussex which uses different age groups and where both athletes will be at the top of the Intermediate age group, and look to finish highly.

Also pulling on the red vest of Essex at Nottingham were James Stewart who was the third Essex scorer in the 10k senior men's race, with his 91<sup>st</sup> place finish, which was over 30 places higher than his last Inter Counties result two years ago, while Charlotte Evans was 88<sup>th</sup> in the Under 20 Women's event in her first Essex Inter Counties appearance since 2019.

**Senior Men:** 91<sup>st</sup> James Stewart 33:30

**Senior Women:** 6<sup>th</sup> Kate O'Neill 28:46

**Senior Women Para Race:** 2<sup>nd</sup> Rebecca O'Rourke 19:22

**Under 20 Women:** 88<sup>th</sup> Charlotte Evans 27:09

**Under 17 Men:** 9<sup>th</sup> Freddie Rowe 19:48; 120<sup>th</sup> Sam Horsley 21:28





For Steve Wilkin's event pics see [HERE](#)