



Essex Veterans Cross Country Champs Writtle Sat 2nd December 2023

Havering AC masters braved the elements to win three medals at the Essex Veterans Cross Country Championships held in freezing and foggy conditions at Writtle University course on Saturday.

The Masters 50 had a good turnout led home by Steve Rand 14th, Martin Chester 28th, Matt Bland 36th, Gary Atkins 38th all making the top fifty. Tony Pecoraro 56th, Paul Berrett 65th, Steve Walker 66th, John Barker 75th and Roy James in 93rd completed the nine Havering runners.

The Masters 40 team had a great race claiming individual first and second places by a long way. James Connor took the race apart and led from start to finish to win gold by over a minute from Rob Warner was next home in silver medal position, well clear of the third placed runner. Ian Anthony was the next Havering athlete home in 20th place with Rob Trevor in 26th completing the silver medal winning quartet. The masters 40 line up was completed by Graham Hogan 41st and Graham Pritchard in 42nd.

Clare Rudgley (57th) and Tracy O'Neill (104th) flew the flag for the Havering ladies.

Three Havering Masters were in action at the British Masters 5k Championships at Battersea Park on Sunday. James Blogg was seventh M40 home in 16:50 and 30th male overall while Ginte Bailey and Robyn Matson were sixth and seventh in the W35 age group with their 18:33 and 19:03 finishes.

Men 40: 1st James Connor 23:48; 2nd Rob Warner 24:57; 20th Ian Anthony (M45 9th) 27:26; 26th Rob Trevor (M45 14th) 28:17 (Team **2nd**) 41st Graham Pritchard (M45 19th) 30:00; 42nd Graham Hogan (M45 20th) 30:21

Men 50: 14th Steve Rand 28:41; 38th Martin Chester 29:48; 36th Matt Bland (M55 12th) 30:02; 38th Gary Atkins 30:07 (M55 13th); 56th Tony Pecoraro (M60 13th) 31:12; 65th Paul Berrett (M60 15th) 32:04; 66th Steve Walker (M55 19th) 32:06; 75th John Barker (M55 24th) 33:03; 93rd Roy James 35:17

Women 40: 57th Clare Rudgley (W45 15th) 37:59; 104th Tracy O'Neill (W55 16th) 47:58

