



Essex Schools Cross Country Championships – Writtle Sat 15th January

Havering AC athletes came away from the Essex Schools Cross Country Championships at a cold and misty Writtle College on Saturday with four medals.

Freddie Rowe has been unbeatable at county level this winter but with different age groupings in force at the schools' competition the same outcome was not guaranteed, as he was taking on athletes a year older in the **Junior Boys** race. However, Freddie made no mistake to lift the title and earn Essex selection for the Southern Schools Inter Counties and the English School championships.

Alex Ford added another medal to his tally, as he won **Senior Boys'** silver, one week after winning bronze in the county Under 20 race. Matthew Blacklock was eleventh and Dan Peters 14th.

Rosie Warner's good form earned her bronze and Essex selection in the **Junior Girls** event. Club members Ruby Price (22nd), Abigail Rogers (33rd) and Maggie Smith (50th) also competed.

The fourth medal came in the **Senior Girls'** race as Natalie Sewell, who missed the county event last week as she was in isolation, bounced back to win bronze. Maddie Barker placed fifth, Sydney Foley sixth, and Hannah Yexley ninth.

In the **Inter Girls'** race Charlotte Evans led the club athletes home in eighth, with twin Hannah one place back and Abigail Swan 13th. Sam Mahoney was first club athlete across the line for the **Inter Boys**, also in eighth. Owen Fisher (16th), Ryan Carroll (26th), Oliver Taylor-Bush (30th) and Daniel Lammas (34th) were the other club athletes competing.





More pics from Kevin White on the club Facebook Group.