



Essex Cross Country League – Round 1 – Hainault Forest Sat 5th October

There were great turnouts from club athletes as almost 70 club athletes contested the first of the five Essex Cross Country League fixtures in bright conditions at Hainault Forest on Saturday. There were no team wins but five runners up spots and two third places made it a good start to the winter season.

The **Senior Men** had another impressive turnout with 21 athletes among 230 finishers. Rob Warner had a great run to lead home the Havering contingent in fifth place with Kieran O'Hara finishing a good seventh as Sam Atkins was next home in 20th with Will Kirk crossed the line in 25th. The scoring team completed by under 20s Charlie Burgess 29th and Ryan Carroll in 40th started the season with a good second place.

There was great support from Luke Chester, who was just outside of the scoring team in 45th followed home by Jason Lendon 58th, Rob Trevor 59th, Ian Anthony 62nd and Freddy Keefe 66th. Martin Chester 82nd. Michael O'Callaghan 84th, Jason Crispin 91st and John Whitehead 100th all made the top one hundred. The squad was completed by Tony Pecoraro 112th, Gary Atkins 135th, Toby Johnson 146th, Steve Walker 148th, Roy James 171st and Darren Priestley 191st. The veterans team of Rob Warner, Will Kirk, Jason Lendon & Rob Trevor also placed second.

The **Senior Women** made a strong start to their winter season with an excellent runners up spot as all four scorers made the top 12. Lydia Smith made a welcome return to action in sixth with Morgan Campbell not far back in eighth as Ginte Bailey in 9th and 12th placed Robyn Matson completed the scorers. There were seven other finishers as Under 20s Charlotte & Hannah Evans made their senior league debuts in 18th & 19th with Clare Davies in 28th and Rebecca O'Rourke in 39th. Under 20 Abigail Swan also stepped into the senior league in 49th with Clare Rudgley (67th) and Haleema Asmal in 114th also competing.

Both **Under 13** teams placed second. For the **girls**, all four Havering scorers made their debuts and finished in the top 15 as Violet Everett and Millie Cook were sixth and seventh and Eliza Mesher and Megan Murphy 14th & 15th, with Lucy Tregidgo and Siobhan Etemadi placing 21st & 25th. Callum Millard-Jennings led home the **boys** in fourth as Jack Cook made his league debut in 11th with Cruz Carvell 14th, and Archie Bright also debuting in 21st. Harrison Nolan (31st) and Thomas Swan (39th) also made their first league appearances.

The **Under 17 Women** trio of Grace Tilson (12th), Rosie Warner 15th and Daisy Leech 16th were the third placed team with Abi Rogers on 17th. Also third were the **Under 15 Girls** thanks to Poppy Vines and Jasmine Asmal, who were eighth and ninth, with Ruby Beasley (14th) and Elena Williams, one place back the other scorers, with good support Daisy Cossey-Atkins (28th), Olivia Bradbury (32nd), Skye Eastman (32nd) and Alex Field in 35th.

There was an excellent turnout of 11 taking part for the sixth placed **Under 15 Boys** with Joe Sewell (13th), Aidan Doherty (23rd), Liam Battrum (26th) and Ethan Carroll in 31st the scoring four and Oliver Spence, Sean Mugagga, Tristan Williamson, George Burgess and George Wright between 40th and 48th and George Rogers and Henry Langford 52nd and 53rd. Stevie Reynolds in 17th was the only **Under 17 Man** in action.

Round Two is hosted by Basildon AC at Gloucester Park on 26th October.

The senior teams at One Tree Hill were without James Connor and Kate O'Neill who represented Essex with pride at the Eastern Inter Counties 10k event held as part of the Cambridge Town & Gown Race on Sunday. James followed up his recent V40 age group win in the England Masters Cross Country trials, which earned him selection for the England team at the Masters Home Countries International in Belfast 16th November, with third place overall at Cambridge in 30:48 while Kate marked her 10k road debut with a 35:18 clocking which won her the Inter Counties race.

On Saturday the Under 17 men's trio of Freddie Rowe (11:39), Findlay McLaren (12:51) and Shea Sweeney (12:48) finished a fine 18th of the 67 teams at the National Road Relays in Birmingham. Freddie's leg was seventh fastest overall.

Essex Cross Country League – Round 1– Results

Senior Men: 5th Rob Warner M40 27:30; 7th Kieran O'Hara 27:57; 20th Sam Atkins 28:59; 25th Will Kirk M45 29:48; 29th Charlie Burgess U20 30:24; 40th Ryan Carroll U20 30:43; (**Team 2nd – 126 points**); 45th Luke Chester 30:59; 58th Jason Lendon M45 31:31; 59th Rob Trevor M40 31:32; 62nd Ian Anthony M45 31:57; 66th Freddy Keefe 32:12; 82nd Martin Chester M50 33:08; 84th Michael O'Callaghan 33:14; 91st Jason Crispin M45 33:36; 99th John Whitehead 34:04; 111th Tony Pecoraro M60 34:44; 134th Gary Atkins M55 36:35; 144th Toby Johnson U20 37:14; 146th Steve Walker M55 37:22; 169th Roy James M50 39:20; 197th Darren Priestley M55 43:08. **Teams:** 1st Southend 62; 2nd Havering 126; 3rd Orion 138. **Veterans Teams (four to score):** 1st Orion 77; 2nd Havering 147; 3rd Leigh on Sea 168.

Senior Women: 6th Lydia Smith 22:59; 8th Morgan Campbell 23:13; 9th Ginte Bailey 23:32; 12th Robyn Matson 23:51; (**Team 2nd – 35 points**); 18th Charlotte Evans U20 24:34; 19th Hannah Evans U20 24:38; 28th Clare Davies 25:32; 39th Rebecca O'Rourke 26:41; 49th Abigail Swan U20 27:27; 67th Clare Rudgley W50 29:33; 114th Haleema Asmal W50 37:48 **Div. 1 Teams:** 1st Chelmsford 20; 2nd Havering 35; 3rd Orion 106.

Under 17 Men: 17th Stevie Reynolds 21:16 (**Team 9th**); **Teams:** 1st Chelmsford 17; 2nd Basildon 23; 3rd Brentwood Beagles 6 (2); ...9th Havering 17 (1)

Under 17 Women: 12th Grace Tilson 25:48; 15th Rosie Warner 27:23; 16th Daisy Leech 27:42; (**Team 3rd – 43 points**). 17th Abi Rogers 28:20 **Teams:** 1st Brentwood Beagles 9; 2nd Basildon 23; 3rd Havering 43.

Under 15 Boys: 13th Joe Sewell 14:38; 23rd Aidan Doherty 15:10; 26th Liam Battrum 15:21; 31st Ethan Carroll 15:33; (**Team 6th - 93 points**); 40th Oliver Spence 16:23; 41st Sean Mugagga 16:30; 42nd Tristan Williamson 16:44; 43rd George Burgess 16:48; 48th George Wright 17:41; 52nd George Rogers 18:51; 53rd Henry Langford 20:19 **Teams:** 1st Basildon 42; 2nd Brentwood Beagles 52; 3rd Chelmsford 61...6th Havering 93

Under 15 Girls: 8th Poppy Vines 16:20; 9th Jasmine Asmal 16:20; 14th Ruby Beasley 16:51; 15th Elena Williams 17:01; (**Team 3rd – 46 points**) 28th Daisy Cossey-Atkins 18:36; 32nd Olivia Bradbury 19:48; 33rd Skye Eastman 20:22; 35th Alex Field 20:33. **Teams:** 1st Brentwood Beagles 21; 2nd Chelmsford 38; 3rd Havering 46.

Under 13 Boys: 4th Callum Millard-Jennings 11:35; 11th Jack Cook 12:18; 14th Cruz Carvell 12:38; 21st Archie Bright 12:53 (**Team 2nd – 50 points**) 31st Harrison Nolan 13:52; 39th Thomas Swan 15:39; **Teams:** 1st SS Athletics 14; 2nd Havering 50; 3rd Chelmsford 60.

Under 13 Girls: 6th Violet Everett 13:37; 7th Millie Cook 13:41; 14th Eliza Mesher 14:42; 15th Megan Murphy 14:56 **Team 2nd – 42 points**). 21st Lucy Tregidgo 15:27; 25th Siobhan Etemadi 17:59; **Teams:** 1st SS Athletics 24; 2nd Havering 42; 3rd Thurrock 49 (3)

For action & team photos see Havering AC Facebook Group (members only)