



## ***Essex 5k Road Champs Colchester Friday 11<sup>th</sup> August 2023***

**Club athletes did well at the inaugural Essex 5k road championships held at Colchester on Friday.**

In-form Ben Davis ran brilliantly in the elite men's race coming home in silver medal position with a 14:54 clocking, just three seconds behind the winner, Colchester's Dean Williamson, who lifted the track 5000m crown last month. Sam Atkins was 20<sup>th</sup> in 16:07 and Alex Ford 30<sup>th</sup> with 16:40.

Lauren Reed was also second in the senior women's race, with 17:25, while Maddie Barker's 17:40 run placed her fourth. Morgan Campbell's 11<sup>th</sup> place finish (18:40) confirmed that Havering won the team event. Clare Davies was 22<sup>nd</sup>.

Dan Meredith also made the podium in the M50 category with his 17:28 finish earning bronze, with Steve Walker in 13<sup>th</sup> in the same category with 19:11. Gary Atkins won bronze in the M55 class with 18:26.

