



Essex Veterans Cross Country Champs Chingford Sat 14th December 2024

James Connor defended his Essex Masters title to lead home the Havering AC M40 squad to team gold at the Essex Veterans Cross Country Championships held at a very wet and muddy Epping Forest course on Saturday.

James Connor took the M40 race on from the start race apart to come home 20 seconds clear to add another County title to his victory at Writtle last year in his first year in the M40 age group. He was supported well by Rob Warner who finished fifth, with Will Kirk in 13th (and the fourth placed V45-49 athlete), and James Blogg in 23rd (and eighth V45) completed the gold medal winning team, who improved on last year's silver. Rob Trevor 25th and Ian Anthony 30th made up the rest of the Havering squad.

In the Masters' 50 race Matt Bland ran well to take 13th overall which was good enough for fifth in the V55-59 age group. He was followed by Gary Atkins 49th, Graham Hogan 54th and Steve Walker 56th. Clare Rudgley (74th) and Jane Hallam (90th) flew the flag for the Havering ladies.

Men 40: 1st James Connor 28:17; 5th Rob Warner 29:45; 13th Will Kirk (M45 4th) 31:51; 23rd James Blogg (M45 8th) 33:07; (Team 1st) 25th Rob Trevor (M45 10th) 33:16 30th Ian Anthony (M45 13th) 33:52;

Men 50: 12th Matt Bland (M55 5th) 33:47; 49th Gary Atkins 37:44 (M55 17th); 54th Graham Hogan (M50 23rd) 37:59; 56th Steve Walker (M55 20th) 38:08.

Women 40: 74th Clare Rudgley (W50 23rd) 49:24; 90th Jane Hallam (W55 14th) 54:24

