



## Report from Essex Cross-Country Relays – 27<sup>th</sup> Sept 2014

Chelmsford entered several teams in the Essex Cross Country Relay Championships at Hockley on Saturday, and in very warm, dry conditions recorded some excellent team results.

Leading the way were the U15 Girls A team, of Khai Mhlanga, Rachel Broome and Katie Faint. Not only did they win their race, but Khai finished with the fastest overall time of the day, with Katie in second place, and Rachel seventh!



The U15 Girls B team of Megan Paxman, Lily Woolett and Maisy Underwood finished in a highly creditable sixth place, and the C team (Olivia Elliott, Phoebe Jeffery and Rachel Dunne) came home in tenth.

The U17 Women's team (Rosa Prideaux, Megan Williams and Jodie Judd) also won their race, with Jodie recording the fastest individual U17 time, closely followed by Rosa in fourth, and Megan in fifth.

Recording a fine second place were the U13 Girls team of Hannah Bolton, Faye Sweeting and Martha Smith – with Martha finishing third overall.

Finally in the Womens races, the Senior A team (Sally Mhlanga, Wendy King and Rebecca Rowley) finished sixth, while the B team (Christy Dailly, Hayley Pegg and Rebecca Rowley) came home in 11<sup>th</sup> place.

Moving onto the Senior Men, the A team (Darren Blackwell, David Fewell, Glen Hill and Grant Twist) recorded an excellent result, finishing second behind a strong Colchester Harriers quartet. David and Grant finished equal fourth overall.

The B team (Ken Hoye, Mick Bridgeland, Adam Colgrave and James Williams) came home in 10<sup>th</sup> place.

Finally, the U13 Boys team (Alexandre Davis, Zac Bridgeland and Jack Karmy) registered an excellent fourth place, with Zac finishing with the second fastest time of the day in his age group).

Now, onto the all-important Manager's Performance of the Race! In 3<sup>rd</sup> place, and with one point was Alfie Green, running his first senior cross country event and getting stuck in on the 1<sup>st</sup> leg at the weekend despite not having a full team. 2<sup>nd</sup> place (2 points) goes to James Williams, continuing to gain fitness with every race and smashing his time from the same race last year. And first place (3 points) goes to Ken Hoye who flew around the course on Saturday and had got himself into some great form for the start of the season. Well done all!