



Essex Cross Country League 12th January 2013 (Chingford) Report

The final fixture of the season for the Essex Cross Country League staged at Chingford on fringe of Epping Forest found the going tough due to deep muddy conditions but this did not deter the Chelmsford athletes despite missing noticeable names from the starting line.

Without Khahisa Mhlanga whose previous four wins had ensured her of top spot for the seasons honours the under 13 girls team still came up with a convincing win as Katie Faint and Rachel Broome placed second and third to lead them home - for Rachel it also brought her into second place in the seasons points. This team victory gave them a hundred per cent record for the campaign and thus retaining the trophy.

The under 15 team were also missing their leading runner for Jodie Judd was also assured of the individual number one position and looking to forth coming championships. Cameron Venton 3rd and Millie Smith 4th headed the team to another win - the fifth of the season. Another missing this fixture was Kim Johansen bur still claiming the top award for the U20 women's category.

Although having to be content with third place at this meeting the senior women's teams consistency meant that they also retained the title and here they were aided by Wendy King, Sally Mhlanga and Jo Smith whose seasons racing earnt them awards in their respective age categories.

Although a rare defeat by George Elliott his other runs put him ahead of any rivals for the major award in the under 15 boys group, team wise the league table found them in second place, alas however we still struggle to find complete squads in the other boys classes.

The senior men bounced back from their fourth place in the previous weeks county c`ships to win their fifth league win and head the table. Grant Twist came through a comfortable winner of this race but placed second for the season on count back having missed one meeting. There was another fine by David Fewell in 4th place as he continues his comeback but it was veterans Mike Bridgeland (V50) and Charlir Ros (V70) who were tack the final individual honours as they headed their classes.

Roy Meadowcroft
January 2013

