



ESSEX ROAD RELAYS REPORT March 2013

A good day for Chelmsford in these annual senior relays although the women's team lost the champions title won last year the men's title was regained.

It was Chelmsford from the outset in the men's race as Mark Woodley in 19m 05s held a 24 second lead over last years winners Southend. Ryan Prout with 18m 29s extended the lead with Billericay now second but well back and David Fewell clocking 19m 40s was never extended as he sent Grant Twist out for the final stage. With a time of 18m 19s Grant came home close on two minutes ahead of Basildon with Southend in third spot thanks to another outstanding run from Adam Hickey who as last year had best time of the day.

In the women's race Basildon's Gemma Kersey won with 21m 07s also repeated her run of last year as the fastest time and Basildon were to go on to take the title. Chelmsford lying 8th with Carys Sutton (24m47s) moved into 4th via Vikki Hayes (22m 27s) with Megan Evans (22m 47s) bringing the team into the silver medal position.

ENGLISH SCHOOLS CROSS COUNTRY REPORT

At the English Schools Cross Country Championships in Derbyshire our members put in good performances. In the junior girls Khai Mhlanga placed 20th, Jodie Judd 44th and Katie Faint 85th from the 300 plus runners, the team placed 4th. Katie Solis 20th, Cameron Venton 84th and Georgia Tuckfield 107th were our members in the intermediate team that took Essex into first place and with the seniors 5th, Kim Johanson 125th, Essex lifted the aggregate points score result. Amongst the boys results best came from Stephen Woodford (43rd) in the senior race whilst Sam Robinson placed 182nd. In the intermediate event James Nadin finished 116th.

Roy Meadowcroft
March 2013