

Essex 20 - Inter-county 20-mile race:

Despite the inclement weather, the Cambridge teams performed well this morning, running the 5 laps of Debden airfield in strong winds and driving rain.

Late call up David Hudson brought the Cambs teams' home, after early leader Alex Gibb was forced to pull out with a hamstring injury and led the Men's team to a Bronze medal, behind strong Essex & Kent teams. Martin Amos & Phil Martin filled the 3rd step of the podium, despite Phil picking up a calf strain.

Jess Williams led the ladies team home, with Alice, Libby & Helen all finishing strongly to secure 6th place overall and only a combined 12 minutes from a medal. All however secured new PB's, which should highlight the strength of the competition.

A massive thanks to all the athletes that took part and the coaches in their support in getting the teams together.

There will be further road race inter-county competitions later this year, so please look out for information, if you are interested in taking part.

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Road Running Team Manager