



## **ESSEX CROSS COUNTRY LEAGUE**

Gloucester Park Basildon

*Saturday 10 February*

After a few days of rain it was a very muddy course that greeted the runners for the final Essex League fixture of the season at Basildon on Saturday.

This was a real cross country test, with repeated ascents and descents in the mud.

First up on the day, before the seniors races, was Matthew Hick in the Under 13 race.

Matthew has hit a bit of form in the last few weeks and his confidence was high and this showed on the day with a fantastic 8<sup>th</sup> place in a time of 12:35 for the 3.3k course