Colchester Harriers 2025 AGM – 22 October 2026

Senior Endurance Report (2025/26 Season)

Summary of year:

Road

- Women first in Essex Grand Prix (fourth time in five years), men second.
- Victoria Primmer overall female winner, Emily Worboys third.
- Amanda Henry, Sue Begent, Chris Sellens and Colin Ridley all won their respective age groups.
- Men and Women finished third at Essex Road Relays. Women's V40, V50 and Men's V40 and V60 teams won their events.

Cross Country

- Women and men both finished third in the Essex League.
- Women third at Essex Champs, Men fifth. Roanna Vickers (5th), Jame Morley (13th) were our highest finishing individual finishers.
- V50 Women and V60 men both won their Essex Champs age group events.
- Winners of NESS League.

Other

- Fielded 10 teams at Ipswich Ekiden – winning Men's Senior and V60 and Women's V45 tiltes.
- Fielded 2 teams at Essex Way relay finished seventh and eighth.
- Succesfully hosted the second running of Arhur Whiston 5 – which this year was also the Essex 5 Mile Championships.
- Succesfully hosted an Essex League event at Hilly Fields.

Finally many thanks to the men's and women's captains – Dan Steptoe Thompson and Heidi Hogan-Steele - Simon Colclough for his help with Ekiden and press reporting and also the coaching team and other members of the Senior Endurance Committee. Without the huge amount of time as well as enthusiasm they bring to their roles none of the above would happen.

Paul Dellar – October 2026