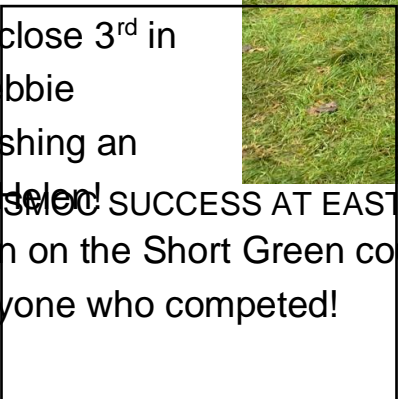


# SMOC SUCCESS AT EAST ANGLIAN CHAMPS!

Six SMOCies entered the East Anglian Championships which were held at Bromehill and Santon Warren, near Brandon, on Sunday 27<sup>th</sup> November. Congratulations go to our new champions: Freya Askham in W45 and Helen Nisbet in W60.

The event results show that SMOC runners had a good day out across the board. Richard Pownall came 3<sup>rd</sup> in his M60 class, running the blue course, missing out on the trophy by around a minute. Martin Cook had a similar result, coming a close 3<sup>rd</sup> in M65 on the Green course. Debbie Charlton came 2<sup>nd</sup> in W60, finishing an agonising 39 seconds behind Helen! Rachel Thomas had a solid run on the Short Green course, in a very competitive W65 class. Well done to everyone who competed!



## Bromehill & Santon Warren

