

Saturday, August 10, 2024

## Bell Annexes Seventh Win Of 2024 Roxbury Season

ROXBURY – Collegiate coach Dillon Bell easily outran a field of about 40 competitors to score his second straight victory in the weekly Roxbury Road Runners Club series.

Bell, 25, of Brookfield, the cross-country coach at Post University in Waterbury, covered the 3.6-mile loop in 22-minutes, 44-seconds – a 6:25-per-mile pace. It was his seventh win in the series during 2024. He formerly ran at Bethel High School.

Mike Abraham 65, of Roxbury placed second in 27:42. The former New Milford High School cross-country coach leads the season standings with 645 points.

Rina McNamara, 46, of Litchfield placed third overall and was the first female finisher with a 28:04 clocking.

The series will continue on Saturday, August 17, at 8:30 a.m. with a 7.2-mile jaunt that will include a trip up the long hill on Mallory Road.

Runners can participate through the \$30 season membership. They also can enter by completing the weekly waiver form and paying \$5. Youth runners and current and former first responders and members of the military can run for free after completing the weekly waiver form.

The Roxbury Mile II is slated for Saturday, August 31, at 8:30 a.m.

The races, which are sanctioned by the Roxbury Recreation Commission, start and finish near the Everett B. Hurlburt Community Park at 18 Apple Lane.

For more information, contact Scott Benjamin, the director of the series, at [ScottBenjaminWCSU2014@gmail.com](mailto:ScottBenjaminWCSU2014@gmail.com), (Voice-mail) (860) 354-3521 or access the Roxbury Races Facebook page or [www.roxburyraces.net](http://www.roxburyraces.net).

