



## Ilford AC Press Report 12/11/2012

Essex Cross Country League - Hilly Fields Colchester 10 athletes from Ilford AC made the journey out to Colchester for the second round of this winter's Essex Cross-Country League. The race took place at Hilly Fields over a firm but challenging course. The senior women raced over 6km and the side was led home by Dianne Crisp in 49th place in a field of around one hundred in 28 mins 23 secs. Next up was Jenni Sheehan with a good run and fast finish for 53rd in 29m 09s. Nicola Hopkinson also improved her position in the home straight moving up to 58th with 29m 53s. Combined they finished in 12th place in the 24 team match. The in form Kevin Newell was best for the men in their 9km race. He was 47th in a race of 187 finishers in 34m 22s. Kevin was due to run in the cancelled New York City Marathon but has now turned his attention to the Jersey half marathon next weekend and is going for a fast time. Neil Crisp came home 56th with 35m 07s. Paul Holloway impressed in his league debut for the club in 115th and 39m 07s. Tony Nixon was the leading M60 with a time of 39m 58s in 123rd while Rob Sargent crossed the line 148th with 43m 16s. John Platt (161st 44m 15s) and Steve Cheal (169th 47m 10s) completed the team. The club finished 10th on the day to move up to 13th for the season. Also in action was nine year old Harry Holloway taking part in his first competitive cross-country in the under 11s 2000m race. He put in a good solid performance to finish 26th in 10m 08s. Chingford League 5k On the previous Tuesday 7 members guessed in the Chingford League 5km at the tough Redbridge Cycle Circuit. The course involves 4 tough climbs and it was once again Kevin Newell who led the way from Ilford. He finished in an excellent 18th in a field of just under 200 in 18m 05s. Neil Crisp recorded 19m 02s in 29th while Paul Holloway came home 61st in 20m 35s. Paul Charters was 91st with 22m 24s and Rob Sargent completed the complement of men in 105th with 23m 19s. There were two ladies in action; Dianne Crisp (23m 15s) and Mel Jones (23m 45s) finished 21st and 22nd respectively out of the 58 women running in the race. Stebbing 10m On Sunday Mel Jones was in action again in the scenic Stebbing Remembrance 10 mile race and came home in 78m 08s. Also competing were Natalie Felix, in her maiden 10m, and Carol Muir making a welcome return. Report courtesy of Hank in the Bushes

