South of England Masters Cross-Country Championship There was a small squad in action for Ilford AC at the South of England Masters Cross-Country Championship at the weekend at Claybury Park, Woodford. This was the second successive week that the club had raced at this venue, however the course was different and conditions on this occasion were wet with soft going making the running energy sapping. The deleted squad, due to injury, illness and other commitments, was reduced further in the first race, the Men M50-69 event, when Andy Catton had to put up with a calf injury. The club still managed a team result as Steve Parker led home the team in 80th spot in 47m 04secs for the 10km race. he was backed up by Rob Sargent in 85th with 48m 25s and Steve Cheal completed the side in 94th in 50m 44s. In the m50-59 team competition Ilford finished 13th. In the M40-49 race there were 2 Ilford runners. there was a fine performance from Steve Philcox who came home 10th overall and 4th in the M45-49 age group with a time of 36m 14s, while Neil crisp finished 14th in the same category and 28th overall in 38m 44s. Nicola Hopkinson was the only lady in action for the team and had a good run to finish 48th overall [6th in the F50 category] in a time of 33:03. Report courtesy of Hank in the Muddy Bushes Southend 5 Mile Rudolph Run Terry Knightley shook of his antlers and took on the 2nd Southend 5 Mile Rudolph Run on Sunday 9th December, along with many Santas, Reindeers, and Elves. Terry, winner of last years race, bravely worked his way through the strong field in icy sea winds, then engaged in an exciting finishline sprint where he was just held off for 2nd place by Benfleet runner Paul Ruffy. However Terry was well rewarded for his respectable 30minutes and 36 seconds finish with two bottles of wine, a gift voucher for £10 and a mini Christmas pudding as he claimed 3rd place in the main race and 1st Male Veteran over 50 – A Very Merry Christmas ! Report courtesy of Kim the Blur