



## Press Report – 19/11/2012

Essex Cross-Country League Just one week after the last match the third round of the Essex Cross-Country League was held at Hylands Park, Chelmsford last Saturday. The course was around the country park mainly on grassland but included a section through forest so the going was fast on a mainly firm surface. The ladies raced over 6.2km and the leading finisher from Ilford AC was Melinda Jones in 38th in 29mins 52 secs in her first race on the country this season. One place and 4 seconds later Dianne Crisp came home with Nicola Hopkinson giving her usual battling performance in 45th with 30m 07s. the team was completed by the evergreen Pam Jones in 76th with a time of 35m 47s. The ladies combined to finish 10th in the match which moved them upto 13th in the 25 team event for the winter. The Men's race over 8.1km saw Steve Philcox running strongly leading the team home in 47th [29:23]. He was followed by the returning Peter Clinch [57th 30:06] who just held off Neil Crisp [59th 30:14]. They were well supported by Andy Catton [89 32:17], Tony Nixon [108th 33:25], Rob Sargent [148th 37:19, John Platt (153rd 37m 43s) and Steve Cheal (162nd 39 05s). The men placed 9th in the match and moved up to 11th in the league. The results in this match were good when it is noted that all 12 of the runners from Ilford were over 40. The club is targeting top 10 finishes in the league for the mens and ladies teams. Jersey 1/2 Marathon Kevin Newell put the disappointment of losing his run in the cancelled New York City marathon and travelling to the Channel Islands to run in the Jersey half marathon. Over a scenic undulating course, his marathon training helped him to power to a 4th place finish in a time of 1 hour 18 mins 54 secs, just outside his personal best time. Report courtesy of Hank in the Bushes with assistance from Welch by the Sea