



### Witham Boxing Day 5 Miles

Three runners from Ilford AC took part in this traditional Christmas event. Bradley Brown was satisfied with his time of 32mins 06secs for 53rd place while Nicola Chester recorded 44m 36s for 216th overall. Carol Muir was close behind in 221st with 45m 16s.

Report by Hank in the Bushes

### Chingford League – Alexandra Palace

The fourth round of this winters Chingford League was held on a traditional cross-country course in the grounds of the historical Alexandra Palace. The race was held on the old racecourse and featured mud and plenty of standing water and a tough climb upto the Palace buildings on each of the 3 laps of the 8.5km event.

A couple of athletes from the Ilford AC endurance squad travelled to North London to take part as guest competitors. Krystle Balogun was in superb form and used her strength in the difficult conditions to take 3rd place in a good time of 39m 31s. Group coach Rob Sargent found the going not to his liking coming home 109th in 48m 48s.

Report by Hank in the Bushes