



Essex Cross Country League Thurrock 18/10/2014

Ilford AC opened their Cross Country season at One Tree Hill, Thurrock, on Saturday with a superb run by Ahmed Abdulle who showed a clean pair of heels to the rest of the field in the Under 17s race. He was well supported by Usamah Patel, 25th, and Jack Maher 39th. Three other young athletes also performed well in the under 13 boys race with Manraj Gill leading the trio home in 10th, Arun Manget in 12th and Bradley Deacon in 29th. There were 40 finishers in both races.

Tom Gardner was the leading Ilford runner in the senior men's race managing 8th place in a top class field of 162 runners. Malcolm Muir was top male vet of the day finishing in 12th place ahead of Steve Philcox, 34th, Kevin Wotton, 58th, and Neil Crisp 69th. Club stalwart Tony Nixon answered the call to close a scoring team by once again donning his cross country spikes occupying 125th place placing the club 8th out of 20 competing teams. The ladies squad fared one place higher in 7th place out of 20 teams were once again led home by Krystle Balogun in 17th position. Jenni Sheehan put in an excellent effort for 29th place with top over 55 Bree Nordin, 42nd, and Dianne Crisp, 58th, completing the scorers. The evergreen Pam Jones was the only competitor in the over 75 category coming home in 85th. There were 89 finishers.

Cabbage Patch 10 Miles Twickenham 19/10/2014

On a bright breezy morning four Ilford athletes made the trip to Twickenham for the annual Cabbage Patch 10 mile road race, which regularly brings out the big guns from Kenya due to the cash prizes on offer!

First home for Ilford was Kevin Newell who continued his good form with a steady 58.36 (42nd) and then came Sam Rahman in a new personal best of 59.10 (52nd) both looking good ahead of next week's Dublin Marathon, next in was Nicola Chester who smashed her previous best by over three minutes in a time of 93.49 (1209th) then came Carol Muir in a time of 94.35 (1246th), the race was won by Loitarakwai Olengurisi in a time of 49.35 scooping the £1000 first prize!

1st lady was Britain's Steph Twell!