



British Masters Cross-Country Championship

Ruthin, North Wales

Saturday 14 March

Four runners from Ilford AC travelled to North Wales to compete at the British Masters Cross-Country Championship at Ruthin in North Wales. The race was over a 4 lap 8.8km course on mainly parkland but boggy in a few places. First Ilford man home was Andy Catton in 89th spot in 36m 19s which earned him 9th in the M60 category. Steve Parker was next home for the club in 135th with 43m 06s for 31st in his category while Steve Cheal finished 35th in the M50 grouping in 44m 51s and 139th overall. One pace behind him was Rob Sargent with 47m 06s and 31st in the M60 category. The Ilford team finished 7th in the M55-64 group

Essex 20 Miles Road Championship

Langham near Colchester

Sunday 15 March

Over 400 athletes gathered for the 2015 Essex 20 miles Championship outside Langham village Hall on a near perfect morning for running. Malcom Muir of Ilford AC ran a strong race to finish 3rd in 1hr 54mins 18 secs. This performance not only won him the bronze county medal but also the gold one in the Masters category. Next Ilford man home was Sam Rahman in 18th place in a time of 2h 05m 29s which improved his personal best time by over 2 minutes. Paul Holloway gave a creditable run in 26th place with 2h 09m 48s. These three runners combined together to place 3rd team in the Essex Championship.

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Robin McNelis was 30th with 2h 10m 38s while Bree Nordin took another county f55 group victory in 2h 33m 55s in 126th overall. Recent recruit to the club Julia Galea showed how she has progressed since joining the clubs endurance squad finishing in 3h 13m 49s for 4th in the F55 category and 335th overall. Peter Spelman rounded off the Ilford runners with 3h 14m 36s in 338th place.