



## **ESSEX CROSS-COUNTRY CHAMPIONSHIP**

Great Notley Country Park, Braintree

*Saturday 6 January*

The Essex Cross-Country Championship was held on a chilly afternoon at Great Notley Country Park on Saturday on a traditional country course which the melting overnight frost producing a sticky muddy surface.

The Senior Men raced over a 3 lap 12km course and the Ilford AC , whose team was weakened by illness and injury to key runners, challenge was headed by Alex Richards who put in a fine performance to come home 10th in 44 mins 13 secs. He was supported by the ever reliable Malcolm Muir in 32nd with 46 mins 33 secs and Neil Crisp 76th in 51 mins 05 secs. Next home was Dennis Briggs with 57 mins 47 secs for 148th, while Adnan Karim recorded 65 mins 12 secs for 188th. Bill Green completed the scorers for the Ilford team in 198th with 68 mins 57 secs. Satha Alaganandasundaram was also in action finishing 202nd with 71 mins 19 secs.

In the team competition Ilford were the 14th club to finish a team.

The ladies race was over 8 km and 2 laps with Bree Nordin first home for Ilford in 63rd in 38 mins 03 secs. Backing her up and pacing well were Carlie Qirem, who gave her best performance of the winter season, in 69th with 38 mins 45 secs and a creditable run from Nicola Hopkinson for 71st in 38 mins 56 secs.

Completing the scores for the club was Gaye Young recording 41mins 26 secs for 92nd. Dianne Crisp came home 114th in 43 mins 44 secs and Anna Crawley was timed at 44 mins 22 secs for 120th.

Also in action were: Julia Galea(132nd 46.53) Launa Broadley (146th 51.42) Natasha Mansouri (155th 56.56) Sheila Sinclair (156th 57.03) Pam Jones ( 157th 57.49)

In the team standings Ilford ladies were placed 10th in the county.

In the u/17 girls 5km Championship Jordan Hinds battled hard to finish 17th in 23 mins 20 secs





