



## **BRISBANE PARKRUN**

While on holiday in Australia Neil and Dianne Crisp took the opportunity to take part in a local roadrace. On a very wet but warm morning Neil & Dianne Crisp toed the line in the local Parkrun at Sandgate, Brisbane. The course was out and back along the seawall at Sandgate, a quiet residential suburb. Neil was first man home in 18.38 in a field of 123. Dianne, just coming back from a foot injury, ran well to finish 5th lady, 21st overall, in 23.07.

Report from Boomerang Bruce

## **Ilford AC Open 10 mile Cross-Country Race**

On a fine afternoon for running Ilford Ac staged their annual 10 mile cross-country race at Hainault Forest. The field was smaller than usual due to a clash with the rearranged South of England Cross-Country Championship at Parliament Hill on Hampstead Heath. The conditionals underfoot were heavy and challenging after the recent snow and rain. Despite this the home team's Malcolm Muir put in fine display to win comfortably in 61 mins 02 secs, Second was clubmate Tom Gardner with 63m 39s while Steve Philcox was the first Veteran home in 4th with a time of 65m 48s. Also in the top 10 for Ilford were Kevin Newell in 7th (68m 01s) and Sam Rahman 9th (69m 14s). Recent recruit Paul Holloway ran well for 12th with 74m 35s and Breege Nordin won the ladies race in 85m 02s and took 19th overall. Also in action were Martin Clarke (87m 11s) Billy Greene (99m 36s) and Rachel Allen (102m 29s)

Report from Hank in the Bushes