



ESSEX VETERANS CROSS-COUNTRY CHAMPIONSHIP There were 15 runners from Ilford Athletic Club in action in the Essex Veterans Cross-Country Championship held on a cold morning at Claybury Park, Woodford. All races were over a testing 3 lap 8km course. There were 3 individual medallists for the club along with strong team performances. Spencer Hempstead was always up in the leading group of the M40 race and sealed the bronze medal in a sprint finish in a time of 29 mins 11 secs. he was backed up by Steve Philcox in 19th with 30m 45s and Peter Clinch in 22nd in 30m 58s. Next home was Neil Crisp in 26th position with 31m 11s and the team was completed by Tont Hyde who finished in 49th with 33m 14s. The team placed 4th in the team competition. Terry Knightley led the way for the club in the combined M50 M60 and M70 race placing 10th in the M50 age category in 32m 25s. Next over the line was Andy catton in 17th and 33m 40s, closely followed by Frank McGown, making a welcome return to competition, three places back with 34m 03s. Steve Parker recorded 38m 15s and pipped John Platt by one second in 46th and 47th repectively. Rob Sargent (50th 39m 16s) and Steve Cheal (60th 42m 12s) completed the M50 entrants for the club. Martin Clarke was the only Ilford runner in the M60 finishing in 41m 33s. There was gold for Graham Williams as he led the M70 grouping from start to finish to win in 42m 06s. In the combined race Ilford A finished 5th team and the B team came 12th,. Injuries and illness meant that there were only two Ilford ladies in action. Pam Jones was in her usual good form to win the F65 category and take the gold medal in 48m 59s. Nicola Hopkinson finished 26th in the F45 group in 40m 46s. The next morning saw Ilford dominate the Dagenham 5km Santathon. Steve Philcox won the event with Terry Knightley 3rd and Iain Knight 4th. Nicola Hopkinson placed 3rd in the ladies race. Report courtesy of Hank in the Bushes assisted by Santa's Little Helper