



## Press Report - 14/01/2013

There was a good turn out from Ilford Athletic Club for the last match of this winter's Essex Cross-Country League. The races were held in Epping Forest at Chingford and the host club, Orion Harriers, laid out the usual muddy course expected at the venue. In the U11 race young Harry Holloway, in his first Winter season, ran well to finish 43rd in a class field. In the U15 girls, held over 4.5km race Jessica Ferris came home 23rd in 25mins 53secs and team mate Greta Mazekaute one place back in 24m 33s. The U15 boys ran over the same distance and Ilford fielded 3 competitors who combined to place the team 4th in this match. Leading the way was Jack Maher in a fine 14th place in 18m 08s, closely followed 12 seconds back by Usamah Patel. Harry Martin completed the team in 23rd with 19m 21s. The combined U17/20 women races was over 5km and Kelly Mavididi recorded 25m 13s for 27th spot while Tamara Chambers finished a creditable 34th. The club had only one runner in the Senior Ladies 6.5k event where Jenni Sheehan was rewarded for her recent hard training to have her best run of the winter in 32nd with 34m 11s. For the season the ladies team, which was often understrength due to injuries and work commitments, finished 15th place in the league. The club had a good squad of 12 on the line for the Senior Mens 8.5km race. Tom Gardner put in a fine performance in 12th with 33m 25s, while Peter Clinch returned to good form for 29th in 35m 06s. Steve Philcox, who is in heavy training for the London Marathon showed that it is going well with 34th and a time of 35m 38s. Two more runners for the London Marathon were next over the line; Kevin Newell in 38th with 36m 16s and Neil Crisp finishing 45th in 36m 58s. The scoring six was completed by dependable Andy Catton who came home 62nd and 6th in the M50 age category in a time of 33m 17s. The teams combined score placed them 5th on the day, their best position for the season. Next home was sprinter Sam Malpass in 38m 43s for 66th and coach Jeffrey Nkrumah finished 75th with 40m 22s. Also in action were John Platt (108th 46m 01s) Tinotenda Nyabowa (131st 51m 35s), Steve Cheal (133rd 52m 23s) and Ridge Wa-Beya (137th 54m 16s) The senior mens team finished the season in 10th position overall and over the season developed their side to show the potential to climb to a higher position in the 25 team league next winter. Report courtesy of Muddy Hank in the bushes in a puddle! Ilford AC are inviting anyone who has an entry to this April's London Marathon and is looking for advice and a group to train with or just want to improve their running in 2013 to join their endurance training squad. The squad is suitable for all standards from sub 3 hour runners down to first timers and is led by a highly qualified and experienced UKA coach. The group meets on a Tuesday at Cricklefields Stadium in High Road, Ilford at 6.30pm. They also have other training sessions during the week.