



Essex 20 Race Report by Kim

The sun shone and Ilford ACs Essex County Medals sparkled at The Essex 20 in Langham on Sunday. The 366 strong field was lead home by Springfield Strider Mark Newton. However Ilford's Malcom Muir put in a strong challenge finishing 5th in a class time of 1:57:47. Sam Rahman, Ilford's second man home, took 15th place achieving a personal best of 2:07:39. The third team place was hotly contended by Ilford AC diehards Terry Knightley and Neil Crisp. The finishline battle resulted in Neil snatching 23rd place in a personal best of 2:11:15 and Terry Knightly finishing 24th just 3 seconds behind. In the Essex County medal stakes the men's team proudly took the Silver, Neil the Silver (Vet 50) and Terry the Bronze (Vet 50), his 59th Essex County medal. Stephen Philcox (2:11:38), Paul Holloway (2:22:50) and Richard Mould (2:29:17) also ran personal best times over the tough course. Nicola Hopkinson (Vet 50) lead the ladies home in Seasons Best of 2:48:32, finishing in 177th place whilst Nicola Chester in 351st position secured a Personal Best of 3:31:59. Kevin Newell made a brave start, but was forced to retire at 9 miles with an on-going thigh injury. By Kim 'The Blur'

