



## Essex League Cross Country

Braintree

Saturday 19 October

The first Essex League meeting of the 2013/14 was held at Great Notley Country Park, Braintree. The weather was a mixture of showers and sunshine and the course was quite tight and twisty with some slippery stretches.

The Ladies were the first up and their 6k course was over 2 large laps. Mel Jones was first home in 36th [29:08]. She was closely followed by Breege Nordin 38th [29:23]. A little further back was Dianne Crisp 49th [30:25] and Jenni Sheehan 50th [30:26] who closed the team in a very creditable 11th position out of 19 teams.

Also providing valuable back up were Nicola Hopkinson 69th [32:34], Pam Jones 106th [39:02] and Meredith Floate 117th [47:05]

In the Men's race held over 2 small and 2 large laps [8k] some excellent packing by Kevin Newell 55th [31:06], Steve Philcox 56th [31:14] and Kevin Wotton 57th [31:19] provided the foundation for a solid team performance. Sam Rahman 78th [32:30], Neil Crisp 80th [32:36] and Andy Catton 118th [34:40] closed the team in 10th out of 21 teams. Also competing were Bradley Brown 127th [35:07], Gary Floate 169th [38:16], Dan Cogan 179th [38:04], a fine performance on his debut over the country and Steve Cheal 213th [43:50].

Pictures courtesy of Jenni Sheehan on attached link

<https://www.dropbox.com/sc/hpiqcpscho7z5oee/504hn27ofl>

Report courtesy of Neil Crisp

Essex League results attached

Leigh On Sea 10k

Sunday 20 October



## Ilford AC Press Report Week Ending Sunday 20th October 2013

A small contingent of Ilford AC runners made the short trip along the Thames to the annual Leigh-on-sea 10k. Bradley Brown was again in action finishing in 41:28. He was followed by Carol Muir in 60:00 and Nicola Chester 61:01.

Report courtesy of Carol Muir

Cabbage Patch 10

Sunday 20 October

Steve Allen made the short trip to Twickenham to compete in the top quality Cabbage Patch 10. He finished in a very creditable 1:29:55 for 1022nd position.

Report courtesy of Steve Allen

World Masters Championships

Porto Alegre Brazil

Thursday 17 October

Ilford AC Coach and runner Rob Sargent travelled to the southern hemisphere to compete in the World Masters Athletics Championships.

His first event was the 8km cross-country held over 8km on a 4 lap testing course. The British team moved Rob and Archie Jenkins down from the older categories so that they fielded a team in the M50 group. The race was at 8am on a cloudy warm humid morning and most competitors found the conditions energy sapping. Rob pushed as hard as he could to finish 38th in 38m 54s and the GB team placed 5th behind hosts Brazil and strong Russian and Argentinian squads.

Report by Ramon Racer

Ashford 10k

Sunday 13 October



## Ilford AC Press Report Week Ending Sunday 20th October 2013

Tony Hyde made the journey to Ashford for the local 10k. In the “worse conditions of a race” he has ever known, the Race Director even thought about cancelling it as parts of the course were under water, he ran well to record a seasons best of 38:03. This was good enough for 32nd overall out of a field of 750 runners. More importantly he won the silver medal in the SCVAC V45 category

Report courtesy of Tony Hyde



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