



Essex League Cross Country

Gloucester park

Saturday 16 November

The second Essex League meeting of the 2013/14 was held at Gloucester Park, Basildon. After a cold start the sun came out and a good afternoon of racing was enjoyed by all over the usual testing course.

The Ladies were the first up and their 7k course was over 2 large laps. Krystle Balogun was the pick of the ladies as she battled through to finish in 20th [32:44]. Providing excellent support were Breege Nordin in 41st , 1st V55, [36:12], Mel Jones in 46th [37:18] and closing the team Dianne Crisp in 52nd [38:31]. This was good enough for 10th team on the day out of 19. Also providing valuable back up was "young" Pam Jones in 98th [48:52].

In the Men's race held over 1 small and 2 large laps [8k] a resurgent Spencer Hempsted was first man home in 26th [29:30] which was also good enough for 1st V40. He was ably supported by the returning Tom Gardner, 36th [30:04], Steve Philcox 50th [30:45], Kevin Newell 55th [31:00], Kevin Wotton 63rd [31:29] and the ever improving Paul Holloway closed the team in 74th [31:55]. The team finished a creditable 8th out of 22. Also competing were Neil Crisp 80th [32:45], Sam Rahman 87th [33:02], Bradley Brown 133rd [35:29], Darren Bottrill, in his first race for a few years, 149th [36:11] and Steve Cheal 210th [45:43]

Report courtesy of Neil Crisp

Balfour Beatty London Youth Games Cross Country Championships

Parliament Hill Fields

Saturday 16 November

Ilfords u/15 athlete Usamah Patel had an excellent performance in these championships. In a blanket finish with 3 other athletes, all given the same time, he took 5th place overall with only 20 seconds covering the first 6



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athletes home. He was also part of the Redbridge Borough Team who took the u/15 team title with some ease with 24pts.

Report courtesy of Ian Gains

Leeds Abbey Dash 10k

Leeds

Further afield Carol Muir took part in the high quality Leeds Abbey Dash 10k. She had a great run finishing in a new PB of 56:13.

Report courtesy of Carol Muir