



Essex Veterans Cross-Country Championship  
Claybury Park  
Saturday 30 November

There was a good turn out of the older members of Ilford AC s endurance squad for the Essex Veterans Cross-Country Championship held over a demanding 3 lap 5 mile course in Claybury Park last Saturday.

Top performance of the day for the club came from Spencer Hempstead in the M40 category he placed 2nd to race winner Adrian Mussett of Colchester Harriers in 28 mins 26 secs to take the silver medal. Backing up were Steve Philcox in 14th with 30m 03s and a fine run from Paul Holloway in 30m 57s for 23rd. Closing the team was Kevin Wotton in 26th spot with 31m 29s. The team placed 4th in the club competition. Also in action were Gary Floate (62nd 36.09) and Dan Cogan (68th 37.44)

In the M50 plus race Neil Crisp, just returning to racing after injury, led the way for the below strength team in 24th with a time of 33m 02s. next home was Terry Knightley in 37m 39s for 57th, with Steve Parker close behind in 59th with 38m 05s. Club coach Rob Sargent turned out and despite a tumble on the first lap closed the scorers for the club with 39m 59s in 73rd. The team in this race finished 11th. Steve Cheal came home 89th in 43m 20s, while Graham Williams finished 4th M70 in 100th and 47m 45s.

In the ladies race for women in category F35 upwards the Ilford team put in a fine team performance to finish 4th overall despite their team featuring no runners in the F35 age group. Leading the way was F55 race winner Bree Nordin (her 6th county gold medal of the year) in 23rd overall with 38m 13s. Following her home were Mel Jones in 39m 15s and 27th, placing her 8th in the F45 event, and Dianne Crisp in 32nd with 40m 03s for 11th in the F45 grouping. Closing the team was 15th F45 Nicola Hopkinson in 43th and 41m 26s.

Report by Hank in the Bushes

Picture and attached link courtesy of Jenni Sheehan

<https://www.dropbox.com/sc/4vyn2jgsatb1s8v/PX9y98k1dA>



## Ilford AC Press Report Week Ending Sunday 1st December 2013

Pictures below courtesy of Kim "The Blur"

Nene Valley 10m

Peterborough

Sunday 1 December

Further afield the Brother and Sister duo of Malcolm and Carol Muir took part in the Nene Valley 10m road race. Malcolm was 7th in 54:48 and Carol put in a sterling performance to finish in a new PB of 1:34:20.

Report by Carol Muir

Serpentine Monthly 5K

Hyde Park

Friday 29 November

John Batchelor was in action at Last Friday's Serpentine 5K on Friday. He finished 94th out of 275 runners and was the first M70 by around 4 minutes. He commented "I felt like I was running around 21:30 so was delighted to clock 20:52 in quite breezy conditions, 7 seconds faster than my last race there in May". If he's stay free of injury he may now focus on the indoor season and go for the World Masters Indoor Championships in Budapest in late March.

Report by John Batchelor

Saint Francis Hospice Santathon

Dagenham

Sunday 1 December

On Sunday 1st December more than 400 fundraisers took to the streets of Dagenham to bring some festive cheer to Saint Francis Hospice by dressing as



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Father Christmas and taking part in the Santathon. This was a 5km run around a looped course from Dagenham & Redbridge Football Club. This is the fifth Santathon run in partnership with Dagenham & Redbridge Football Club. Participants' walked, ran and jogged the route and several dogs in costume took part too!

A few runners from Ilford AC joined in with the festive fun, Steve Philcox and Sam Rahman battled the whole way around the course but Steve just came out in front to win the race. Nicola Hopkinson, Jenni Sheehan and Dianne Crisp enjoyed the run and made the most of the fun crossing the finishing line in tandem. Julie Gillenden improved her time from last year by 10 minutes which was a brilliant effort.

Report & picture courtesy of Dianne Crisp

Left to Right, Santa's Steve Philcox, Nicola Hopkinson, Dianne Crisp, Julie Gillenden, Jenni Sheehan and Sam Rahman

