



Essex Cross-Country League - Hockley
Saturday 11 January

The penultimate round of this winters League was held at Hockley on Saturday in very wet and muddy conditions. The courses were shorter than usual due to the tough going.

There was a poor showing from the senior men of Ilford AC, who fielded only 4 runners in the 4 mile event. Paul Holloway showed good form coming home 39th in 26 mins 48 secs, while Bradley Brown ran the second half of the race well to move up to 71st with 29 mins 49 secs. Chris Togwell turned out for the team for the first time in a few years finishing 78th in 30m 30s, and Steve Cheal completed the team in 115th in a time of 38m 52s. Only having 4 of the necessary 6 for a full team meant the club could only place 13th on the day and are now in 10th place overall for the season

The Ilford women fared better than their male colleagues fielding 5 runners, despite losing one of their leading cross-country runners Mel Jones who is out with a broken wrist. This injury was suffered in last weeks race. Dianne Crisp put in her best run of the winter finishing 35th, and 2nd in the F45 category, in 26m 39s for the 3.25 miles race and Bree Nordin was once again the leading F55 competitor, in 37th with 27m 13s. They were backed up by Jenni Sheehan in 42nd in 27m 41s and the consistent Nicola Hopkinson placed 48th with 28m 47s. The evergreen Pam Jones came home 76th and is the leading lady in the F65 category over the season. The team combined to finish 9th team and like the men are 10th overall for the season.

Report by Hank in the Bushes

Pictures Courtesy of Natalie Crisp and Jenni Sheehan

<https://db.tt/4HceDxL8>

South of England Indoor Championships
Lee Valley - Sunday 12 January

The first day of the 2014 South of England Indoor Championships was held at



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the Lee Valley Indoor Athletic Centre and the programme included the 800m. Krystle Balogun represented Ilford AC in the event and ran in the first semi-final. She ran hard for the first 2 laps and was rewarded by finishing 5th in 2 mins 24.55 secs, a massive new personal best by over 5 seconds. The performance ranked her 8th in the senior ladies competition.

Report by Hank in the Bushes

Endurance Training

For further details of the endurance training (middle distance to marathon) at Ilford AC please contact warriorsoftime@hotmail.com