



## Essex Cross-Country League

### Epping Forest

Saturday 8 February

The final leg of this winters Essex Cross-Country League has held in Epping Forest , where the recent poor weather turned the course into a quagmire of liquid mud. The adverse conditions led to the organisers shortening the courses for the races.

Ilford AC were again fielding weakened teams due to injury, illness and a busy weekend of races and their line up for the senior ladies 6.5km event was just 2 competitors. Jenni Sheehan put in a good run in the mud to come home 28th in 30 mins 05 secs and Nicola Hopkinson again showed a battling performance to finish 35th in 31m 47s. Together they combined to finish 12th team on the day.

The mens race was over 7.8km and Ilford had a team of 5 for this event. Best on the day was Steve Philcox with a creditable 39th spot in 30m 43s, with Kevin Newell in 61st with 34m 41s and Bradley Brown 73th in 35m 03s. Chris Togwell came home 81st despite a fall with 35m 46s and Steve Cheal finish in 40m 49s for 121st. The team came 11th in this match.

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Over the season the Ilford men finished 10th in the 20 team league and the ladies 9th. Individually Bree Nordin won the F55 category and Dianne Crisp and Nicola Hopkinson finished 5th and 6th respectively in the F45 group. On the mens side, Kevin Newell finished 18th in the senior mens rankings, Bradley Brown 16th in the M40 group and Steve Cheal 12th in the M50 category.

Report by Hank in a muddy puddle

Great Bentley Half Marathon



## Ilford AC Press Report Week Ending Sunday 9 February 2014

Sunday 9 February

There were a series of good performances for Ilford AC at the Great Bentley half marathon held on a rural, fast but windy course. Recent recruit to the club New Zealander Blair McWhirter was in excellent form finishing in second overall in 71mins 26secs. Paul Hollowy improved his best time for the distance to 82m 41s as he came home 36th and 6th in the M45 category. Bree Nordin finished 203rd overall with 1hr 37m 47s and was just pipped to the F55 prize by 16 seconds. Declan Cullen and Satha Alaganandasundaran both recorded personal bests of 1h 42m 11s (269th) and 1h 51m 56s (433rd) respectively, while Steve Parker finished 321st in 1h 45m 02s on his return from injury. Nicola Chester also recorded a new best time of 2h 01m 50s in 579th spot. There were 748 finishers.

Report by Hank back in the Bushes

Eastern Counties Indoor Championships (incorporating the Essex Championship)

Lee Valley

Sunday 9 February

The indoor championship for the East of England region was held at the Lee Valley indoor arena and incorporated the Essex Championships. Krtsyle Balogun represented Ilford Ac in the senior womens 800m. There were six competitors in the final and Krystle was up with the leading group at 400m reched in 71 secs. The race speeded up in the last 200m and Krystle sprinted hard around the last bend to finish 3rd in a new personal best of 2m 24.1s. Her placing meant she was awarded the bronze medal in both the Eastern and Essex championships.

Report by Warrior Dog

Above picture of Krystle Balogun with Ilford's 'Warriors of Time' endurance squad coach Rob Sargent



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