



## British Masters Cross-Country Championship

Tollcross Park, Glasgow

Saturday 15 March

The British Masters Cross-Country Championships were held on a testing but firm grass hard course at Tollcross Park, Glasgow on a windy Saturday afternoon.

The first race was the women's' 6km event over 3 laps. Ilford Athletic Club had two representatives in the race with Dianne Crisp finishing 73th in 28 mins 30secs who 15th in the F50 age group. Local legend Pam Jones crossed the line in 37m 48s for first in the F75 grouping to take the gold medal.

There was more success for the club in the men's 8km race where Malcolm Muir placed 3rd in the M35 grouping with 26m 39s and was 6th overall. Kevin Newell recorded 30m 57s for 10th in the same age group and 70th overall, while Neil Crisp had a good run in 79th in 31m 25s. Also in action were Steve Parker in 122nd with 37m 05, Rob Sargent(127th 39.330 and Steve Cheal (36.36 128th). Crisp, Parker, Sargent and Cheal combined as a M45 team and were placed 6th.

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## Colchester Half Marathon

Sunday 16 March

Blair McWhirter continued his winning form in the Colchester Half Marathon last Sunday. Ilford AC runner McWhirter led home the 2000 plus entrants in 69m 09 beating last years winner and local club man Adrian Mussett into second.

Further back there was a big new personal best for Satha Alaganandasundaram in 430th spot. His time of 1h 47m 26ss beat his previous best by 4 1/2 minutes.

Both of these runners are in the Ilford squad for the London Marathon.