



## **South of England Masters Cross-Country Championships**

Horspath, Oxford, Saturday 13th December

A small contingent of Ilford veterans made the trek to a cold but sunny Oxford last Saturday to compete over a tough but very interesting 10k course with a good mix of grassland, farm tracks and calf high mud plus two big hills thrown in for good measure. The 4 entrants each running in different age categories produced some good runs with the following age group results :- Malc Muir 8th M40 Paul Holloway 17th M45 Steve Cheal 56th M50 Andy Catton 5th M60.

More significantly at the other end of the age spectrum Ahmed Abdule ran brilliantly to finish 3rd in the Southern Inter Counties U17 race. With another year in the age group Ahmed worked his way through to 3rd and only missed out on silver medal by one second.

## **Southend 5 mile Rudolph Run**

Sunday 14th December

3 Hardy souls from Ilford Athletic Club braved the crisp, cold, windy conditions on Southend Sea Front to compete in the 4th Staging of The Southend Five Mile Rudolph Run. In a field of well over 300 runners, some decked out as Santas and Elves in keeping with the festive nature of the event.

Terry Knightley, winner of the original inaugural race, finished this year in 11th place overall to win the First Male Veteran Over 50 Prize in a time of 33 Minutes and 30 seconds. Next home for the club in 18th position and winning the First Male Veteran Over 40 prize was Bradley Brown in 35 Minutes and 6 seconds.

Female Over 40 Veteran, Carol Muir, finished next in 138th Position in 45 Minutes and 37 seconds and 8th in her age category. All Finishers of the race were awarded Christmas Puddings and Mince Pies along with their medals and prizes !





## Press Report 16th December 2014

