



Press Report Ilford AC 27th January 2015

South of England Cross Country Championships - Brighton

Ilford AC continued to maintain a strong presence in these championships with Club captain Malcolm Muir drawing on his elite troops in the Senior race.

Held over 9 miles at Stanmer Park , Brighton, last Saturday on a hilly but dry course and on a cold crisp day, 5 Ilford athletes travelled down to compete in the race.

The race was won by Ben Tickner of Brighton Phoenix in 50.21. The Ilford athletes' times were as follows:

1. V40 runner Malcolm Muir - Position 122nd, time 57.05
2. SEN track runner Tom Gardner, Position 129th, time 57.20
3. V45 runner Paul Holloway, Position 434th, time 66.23
4. SEN Sam Rahman, Position 475th, time 67.28
5. SEN Michael Horsey, Position 751st, 80.05

857 runners finished the race.

In the Under 17 race Ahmed Abdulle & Usamah Patel both acquitted themselves well. The eventual winner was Mohammed Mohammed of Southampton ac to whom Ahmed had previously finished 3rd in the Inter Counties champs . However this time Ilford's Abdulle was carrying a hamstring injury so held back on the 1st lap of 2 coming through to take 22nd place in 21-49 for the 6k event. Usamah was feeling under the weather yet ran gamely for 80th place 23-27.

Essex Schools X/c champs Colchester 17th January

Ahmed & Usamah both running for Redbridge Schools both put in excellent performances, Ahmed chasing home the eventual winner Solomon of Woodford for 2nd place with Usamah having his best run of the season in 6th place, both athletes have been selected to run for Essex in the English Schools X/c champs.

South of England Indoor Champs Lee valley 18th January

Krystle Bologun making her debut at this level ran a fine race in the heats of the 800m coming 2nd, just missed out on a podium place in the final finishing in 4th

Victoria Park 10k

Ben Jones competed in the Victoria Park 10K in a field of over 500 coming 10th in a time of



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36.36.