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Ilford AC divided their attention between 2 cross country competitions over the weekend. Whilst most of the seniors concentrated on the 3rd round of the Essex League at Horseheath hosted by Cambridge and Coleridge AC, the majority of the youngsters made their way over to Parliament Hill to represent their Borough in the London Youth Games. In very testing wet and windy conditions the Ilford Athletes came away with very credible performances. In the Male U11s Matthew Hick came through the field to end up 13th. In the U13s Farris Patel, who gets stronger with every race, came 13th. Arun Manget came 40th and Bradley Deacon came 76th. Mehdi Hurun came 134th.

In the U15 Girls Jordan Hinds battled her way through to 72nd and Isabella Hick came 87th.

Two of Ilford's leading juniors Ahmed Abdulle & Usamah Patel took part in a very competitive u/17 race where only 9 seconds split the first 3 with the eventual winner Groom of Shaftebury Harriers edging out Ahmed by 8 seconds for 2nd & Fawden of Highgate Harriers 3rd 1 second behind. Usamah now back in training had a more cautious start putting in a creditable performance in 16th place.

In the Senior races Tom Gardner & Krystle Bologun were the only entrants from the club. Tom still recovering from turning his ankle at the last league race, stayed in the leading group of 20 for most of the race coming home with an excellent 15th place. Krystle got off to a good start but unfortunately twisted her knee on this slippery course which hindered her performance.

Meanwhile in the Essex League X Country on a new course at Horseheath near Cambridge, Euan Johnstone ran his best race to date to come a superb 6th in the Male U11s race.

Mel Jones led the way for Ilford's senior women with a fine run in 36th place overall clocking 29.47 just getting the better of teammate Bree Nordin one place behind in 30.03. Nicola Hopkison, 44th in 23.15, was hot on their heels and Rachel Halpin also had a good run to close the scoring in 53rd place with 33.46. Doris Gaga 76th in 38.20 and Nicola Chester 78th in 38.47 completed the Ilford squad who placed 7th in the overall team competition and 4th in the lady veteran competition.

In a men's race packed with quality Steve Philcox continues to impress leading the Ilford men home in 51st recording a time of 32.13. Paul Holloway was next home in 68th and 33.30 followed in by Kevin Wotton 76th in 34.04 and Neil Crisp 79th in 34.09. The 6 man team



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were closed by 2 outstanding runs from Ilford's 60 year olds, Tony Nixon and Andy Catton who finished in 35.54 and 36.49 for 96th and 109th places respectively and by far the best 2 V60 runs of the day. Ted Skinner completed the Ilford contingent recording 42.10 and being 150th man home out of the 174 strong field. Ilford placed 10th in the overall team standings and like the women placed 4th in the veteran team competition.

