



South of England Cross Country Championships

Parliament Hill Fields

Saturday 30 January

Ilford AC's young athletes section continued it's resurgence with another excellent turnout in the South of England Cross Country Championships held last Saturday at Parliament Hill Fields, the traditional home of English Cross Country. For somethis was to be their toughest test to date with the course's infamous hills and strength sapping mud as ever in abundance. Opening the Ilford account were four boys competing in the U13 event, an age group in which the Club has not fielded a team for some years. Leading the team homewas Farris Patel in a creditable 59th place. He was backed up by Matthew Hick in , 147thBradley Deacon in166th, and Euan Johnstone in 260th. In the u/15 girls race Jordan Hinds finished 156th with training partner Isabella Hick in 231st. Jack Halil competing in the u15 boys unfortunately turned his ankle on the muddy course but ran on gamely to finish in 270th place. The u/17 boys found the course hard going with Usamah Patel who was carrying a knee injury pulling out and Ahmed Abdullec who did not feel too well had to settle for 30th place.

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The senior men's race featured a strong 5 man Ilford squad competing with over 1000 runners over 15km of a challenging hilly course which was as usual very wet and muddy at this time of year. Leading the Ilford challenge was New Zealander Blair McWhirter, who is beginning to come to terms with English cross-country courses recording 140th position in 57m 34s. Malcolm Muir was close behind in 152nd with 57m 54s and not for the first time Paul Holloway showed good form in 356th with 63m 40s. Neil Crisp battled hard to finish 529th with 67m 35s and Sam Rahman completed the Ilford runners in position 555 and a time of 68m 34s.

LONDON MINI MARATHON TRIALS BARKING & DAGENHAM

Three Ilford youngsters Bradley Deacon 1st u/13 boys Euan Johnstone 3rdu/13 boys & Katie Deacon have been selected to represent the borough team inthe Finals