

LONDON CROSS COUNTRY CHAMPS PARLIAMENT HILL FIELDS

Saturday 19 November



Ilford's 17 year old Ahmed Abdulle, being too old to run in the London youth games, stepped up a level to compete in the Senior London cross country championships held over the classic Parliament Hill course of approximately 10k. Ahmed went with lead group from the start putting in a excellent performance to finish 7th in the Seniors but taking the 1st place in the under 20 in 32-11. Presenting Ahmed with his medal was South of England official and life member of Ilford AC Phyllis Winger

Essex Cross Country League

Horseheath, Cambridgeshire

Saturday 19 November

The latest match in this winter's Essex Cross-Country League was held on a chilly Saturday afternoon at the Horseheath Point to Point Horse Race course just over the border in Cambridgeshire.

The Ilford AC ladies team, still under strength due to injuries, raced of 6km and returned encouraging results. Nicola Hopkinson led the way in 41st position in 31 mins 38 secs, backed up by Dianne Crisp with 48th and 33 mins 15 secs. Julia Galea battled well for 75th in 38 mins 21 secs. Doris Gaga and Pam Jones finished 82nd and 83rd in 41m 37s and 42m 04s respectively.

In the match the team finished 9th and after 3 rounds are placed 10th in the 12 team division one of the league

The Ilford men always had a hard fight on their hands as they turned up with only 5 runners, one short of a complete team for their 8km event. Seb Parris, in his first appearance in the Essex league, was the first home in 79th place in 34m 54s, with evergreen Tony Nixon, the first M60 to finish in the race, 88th with 35m 47s. Neil Crisp returned from injury to come home in 95th in 36m 27s, while Dennis Briggs in 133rd and 40m 02s and Ed Skinner with 140th in 41m 24s completed their line up.

In the match Ilford were placed 10th and are 9th in the league and like the ladies team are in



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the relegation battle.