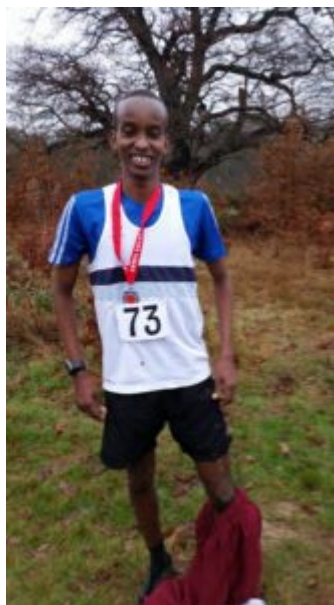




## Essex County Cross County Championships - Claybury

Iford AC had athletes competing through the various age groups in the Essex Cross Country Championships held at Claybury last Saturday. On a comparatively dry course and mild conditions the star performance of the day came from Ahmed Abdule who was competing in his first year as an Under 20 in these championships. Iford's talented 18 year old narrowly missed out on the Essex Gold clocking 27.19 to finish within 5 seconds of Chelmsford's



Callum Charleston.

In the under 17 women's race Jordan Hinds was Iford's only competitor and finished 13th in 28.03.

The senior ladies race saw Nicola Hopkinson lead the Iford ladies home in 53rd place and 40.50. She was followed by the mother and daughter team of Dianne Crisp, 68th in 43.00 and Jenni Sheehan, 85th in 45.21.

Malcolm Muir produced his normal gutsy run for the men's squad with a time of 40.49 taking 15th spot. Paul Holloway, racing virtually on his doorstep, was next home recording 44.07 for 54th. He was followed in

by Neil Crisp, 47.05 86th, and Sebastian Parris, 53.27 and 144th. Liz Davies of Springfield Striders and Tom Frith of Southend were crowned senior women's and men's county champions this year.

