



## **Essex Veterans & Junior Cross Country Championships**

*Saturday 2<sup>nd</sup> December*

Writtle College

### **SENIORS**

The Essex Cross-Country Championships for Veteran and junior athletes was held at Writtle College last Saturday.

The veteran races were held over an interesting and challenging 8k course. A stream crossing, a steeply banked lake and the first truly muddy course of the cross country season made for an interesting, but challenging race.

Ilford had 2 bronze medals in the Seniors category with Andy Catton taking the MV60 and Bree Nordin the WV55 bronze medals

The combined MV50+ and Women's V35+ race was the first seniors race of the day and was won by Elizabeth Davies of Springfield Striders in 29:41.

The mens team were led home by Steve Philcox in 7<sup>th</sup> 31:41 followed by Neil Crisp 10<sup>th</sup> 32:25, Andy Catton 42<sup>nd</sup> 35:30, Terry Knightly 61<sup>st</sup> 37:15, Tony Young 80<sup>th</sup> 39:38, and Steven Cheal 95<sup>th</sup> 42:05.

The remaining Ilford men were Satha Alaga 98<sup>th</sup> 43:00 and Billy Green 99<sup>th</sup> 43:15

The mens team finished 6<sup>th</sup> of 21 clubs on the day.

Bree Nordin, who took Bronze in her age category was first Ilford Lady home in the race finishing 37<sup>th</sup> in 39:02 followed closely by Nicola Hopkinson 43<sup>rd</sup> 39:51, Gaye Van Der Vyver 74<sup>th</sup> 43:26 and Dianne Crisp 81<sup>st</sup> 44:23.

Remaining Ilford ladies were Launa Broadley 122<sup>nd</sup> 53:59, Sheila Sinclair 126<sup>th</sup> 58:31 and Pam Jones 127<sup>th</sup> 58:43.

The ladies team were 15<sup>th</sup> of 21 teams on the day.

There were just two Ilford AC runners in the final Seniors race of the day.

Both Malcolm Muir and Dennis Briggs though put in fine performances in the V40 race which was won by Crispian Bloomfield in a time of 27:55.

Malcolm Muir finished in 6<sup>th</sup> in 29:26 and Dennis Briggs ran well to finish 64<sup>th</sup> in a very strong field for 36:36



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