## Essex Veterans \& Junior Cross Country Championships

Saturday $2^{\text {nd }}$ 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 $7^{\text {th }} 31: 41$ followed by Neil Crisp $10^{\text {th }}$ 32:25, Andy Catton $42^{\text {nd }} 35: 30$, Terry Knightly $61^{\text {st }} 37: 15$, Tony Young $80^{\text {th }} 39: 38$, and Steven Cheal 95 ${ }^{\text {th }}$ 42:05.
The remaining Ilford men were Satha Alaga $98^{\text {th }} 43: 00$ and Billy Green $99^{\text {th }} 43: 15$
The mens team finished $6^{\text {th }}$ of 21 clubs on the day.

Bree Nordin, who took Bronze in her age category was first llford Lady home in the race finishing $37^{\text {th }}$ in 39:02 followed closely by Nicola Hopkinson $43^{\text {rd }}$ 39:51, Gaye Van Der Vyver $74^{\text {th }} 43: 26$ and Dianne Crisp $81^{\text {st }} 44: 23$.
Remaining Ilford ladies were Launa Broadley $122^{\text {nd }} 53: 59$, Sheila Sinclair $126^{\text {th }} 58: 31$ and Pam Jones $127^{\text {th }} 58: 43$.
The ladies team were $15^{\text {th }}$ of 21 teams on the day.

There were just two llford 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 $6^{\text {th }}$ in 29:26 and Dennis Briggs ran well to finish $64^{\text {th }}$ in a very strong field for 36:36


## Ilford AC Press Report. December 4th 2017






