



Essex Veterans & Junior Cross Country Championships

Saturday 2nd 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 7th 31:41 followed by Neil Crisp 10th 32:25, Andy Catton 42nd 35:30, Terry Knightly 61st 37:15, Tony Young 80th 39:38, and Steven Cheal 95th 42:05.

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

The mens team finished 6th of 21 clubs on the day.

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

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

The ladies team were 15th 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 6th in 29:26 and Dennis Briggs ran well to finish 64th in a very strong field for 36:36



Ilford AC Press Report. December 4th 2017









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