



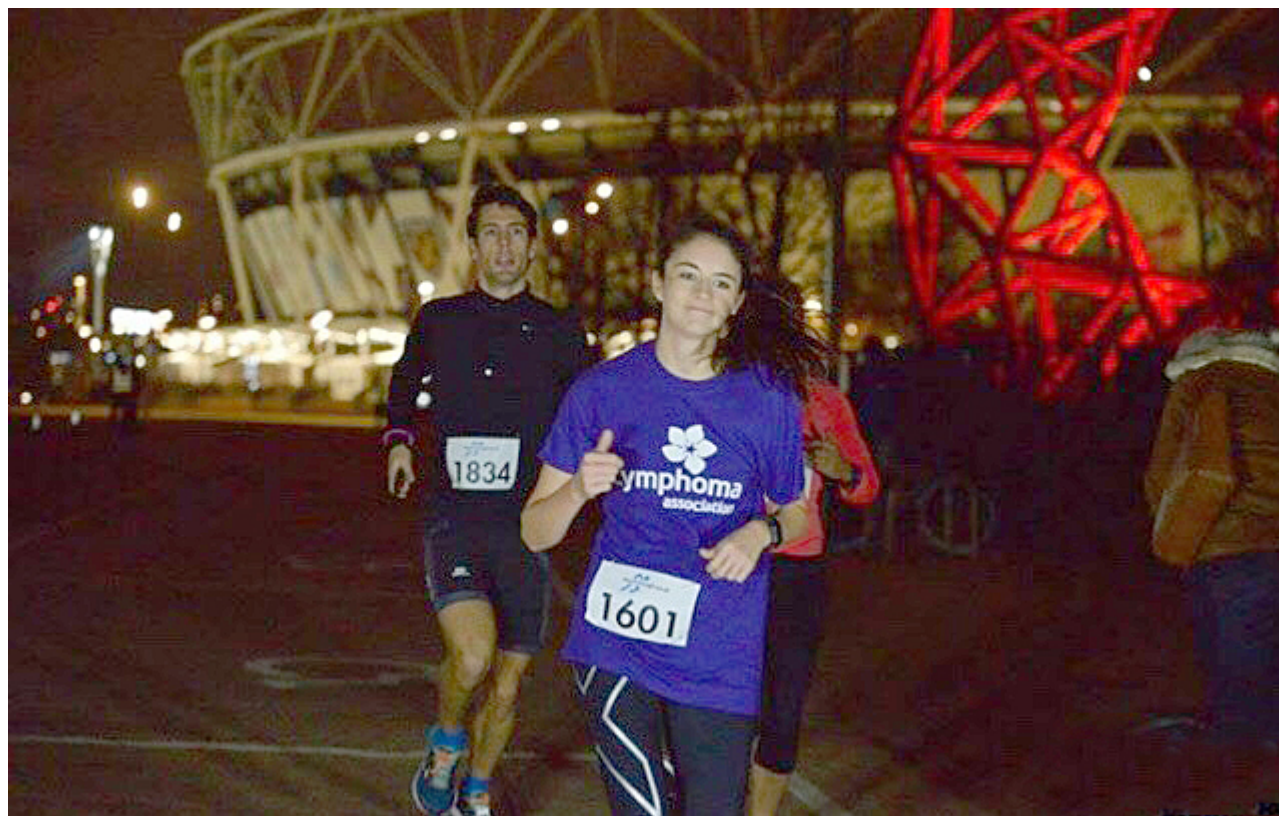
CHASE THE MOON 10K

London Olympic Park

On a cold crisp evening Ilford AC runner Anna Crawley took part in a 'Chase the moon event' over at the Olympic park on Wednesday, along with about 15 other people from her work. Anna, who is new to the club, had only done one official 10k before this so was keen to improve on her previous time of 53:54.

Whilst the original aim was to try and get around 52 minutes, Anna found herself achieving far better than that and came in at 51:02.

Although slightly disappointed to not get under 51 minutes, this was still a pb by nearly 3 minutes and I'm sure she will continue to improve and even break the 50 minute barrier in 2018





South of England Masters Cross-Country Championship

Oxford

Steve Cheal was the only entrant from Ilford AC to compete in the South of England Cross-Country Championship held over a generous 10000m course by the Horspath track in Oxford. The senior mens race, which was the last of the afternoon, was exceptionally muddy after the previous races had churned up the course.

This combined with a challenging undulating course made conditions on the day difficult.

Cheal however put in a battling performance to finish 41st in the M55 age category in 46 mins 41 secs.