



## **ESSEX CROSS COUNTRY LEAGUE**

Gloucester Park Basildon

*Saturday 10 February*

Ilford had a good day on Saturday at the final fixture in the this winters Essex League with the senior ladies regaining their place in the top division and the senior men finishing 3rd in their match on a muddy Basildon course which took in several climbs over the hill in Gloucester Park.

The men raced over 8km and Alex Richards led the way for the club in an excellent 7th spot in 29m 47s, supported by a good run from Tom Gardner in 11th with 30m 02s.

The ever reliable Malcolm Muir took 18th, and 2nd in the M40 group, in 30m 34s. Steve Philcox came home 50th in 32m 36s with Seb Parris 60<sup>th</sup> in 33m 41s and John Crawley closed the team scorers in 74th in a field of 188 finishers with 34m 18s.

Overall Ilford men placed 3rd in this round, their best result for several years, in the 12 team division 1.

In the masters competition the club finished 5th

Dennis Briggs was next home in 38m 19s for 112<sup>th</sup> place, followed in 117th Andy Catton, who placed 2nd in the M60 category, in 38m 43s.

Also in action were Steve Cheal (145th 41.17) Bill Green (166th 43.51) and Satha Alaga (181st 48.50)

For the ladies Carlie Qirem continued her fine winter form as she prepares for a spring marathon finishing 43rd in 28m 57s in the 6km race. Nicola Hopkinson was also running well as she finished 1st in the F55 category and 48th overall with 29m 29s and Bree Nordin came home 61st and 2nd in the F55 group despite a heavy cold in 30m 45s.

Anna Crawley completed the scoring Ilford team with 31m 50s for 69th. Frieda Keane finished 99th with 35m 56s and Launa Broadley completed the club squad in 109th with 39m 46s.

The Ilford ladies finished 2nd in their division 2 match and 14th on the masters competition.



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For the season they placed 2nd in the second division and have been promoted back to the top tier for next winter, while in the masters section they recorded a 14th place finish

The men finished 7th in the league and hope to improve on that place next winter and were 6th in the masters section.

Over the winter the Ilford club placed well in several individual leagues. These are headed by Nicola Hopkinson winning the F55 section. Malcolm Muir placed 2nd in the M40 age group, Tony Nixon 2nd in the M70 category, Neil Crisp 8th in the M50 group and Tom Gardner 5th senior man.







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