



## **Bass Belle 10 Miler**

Bassingbourn

*Sunday November 27<sup>th</sup>*

Sunday saw the 5<sup>th</sup> running of the Bass Belle 10 miler, so named as Bassingbourn is known for the famous air plane called the Memphis Belle.

The route is a flat, fast course consisting of 8.5 miles on the road and 1.5 miles on grass track.

The course is described as being perfect for runners making their debut at the distance which is exactly what Ilford AC runner Ray 'sparra' Everingham was setting out to achieve.

Sparra joined the club earlier this year at our Wednesday beginner / improvers nights having never done any running before. Through the year he has now represented the club at various distances, including Cross country, culminating in today's debut at the 10 mile distance.

Sparra was very pleased with his time of 1:38:28 which placed him 255<sup>th</sup> in a field of 369.





## Press Report 26th November 2018

A trio of Ilford runners were also out at the weekend running as guests in Cross country races.

On Saturday Gary Coombes and Trevor Robinson ran in the Chingford League at Trent Park over a 7.5k distance. Gary Coombes finished 28<sup>th</sup> in 28:33, with Trevor Robinson coming in for a time of 38:32 in 190<sup>th</sup> place.

On the Sunday the duo ran their second gruelling cross-country race of the weekend at Hadleigh in the South Essex League over a 6k distance, where they were joined by Steve Philcox for the particularly hilly and muddy course.

Once again Gary Coombes was first to finish, coming in for 12<sup>th</sup> place in a time of 24:36. Gary was followed by Steve Philcox in 26:03 for 28<sup>th</sup> and Trevor Robinson in 33:20 for 160<sup>th</sup> place.