



ESSEX VETERANS CROSS-COUNTRY CHAMPIONSHIP

Hilly Fields Colchester

Saturday 1 December

The first championships of the winter were held at a damp Hilly Fields in Colchester as the titles and medals for the ladies over 35 and men over 40 were up for grabs.

The races were over a mainly grassland course, just over 7km with a testing hill which had to be negotiated twice

The first race of the day was the Veteran ladies.

The Ilford ladies were led By Bree Nordin, who won the clubs only medal of the day as she took silver in the F55 category, placing 39th in 34 mins 46 secs.

She was supported by Alison sale who is running on the Cross-country circuit for the first time this season in 82nd with 40 mins 20 secs and Doris Gaga, who is returning to form, in 91st with 41 mins 26 secs. Julia Galea completed their scoring team in 104th with 43 mins 53 secs. Also in action for the ladies was Frieda Keane who placed 106th for 44:02 and Sheila Sinclair finishing in 117th in a time of 52.42.

Ilford were the 12th club to finish a team.

The next race was for the men aged 50 and over.

Ilford AC had 4 entrants with Andy Catton coming home 49th and 8th in the M60 category in 31 mins 42 secs and Steve Parker 87th and 16th in the same age category.

Sprinter Henry Ricketts, giving cross-country a go this season came home 109th with 41 mins 45 secs.

However, Ilford were unable to complete a team as Paul Holloway had to pull up with an injury whilst well placed.

In the race for men aged 40-49 Ilford AC had their best results of the afternoon with the ever-reliable Malcolm Muir finishing a fine 7th in 26 mins 31 secs and improving Gary Coombes 12th in 26 mins 52 secs. Dan Holeyman had a good run in 58th with 30 mins 20 secs. Trevor Robinson completed the squad with 36 mins 47 secs for 94th. the Ilford team were the 7th club to finish a team on the day.







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