



South of England Masters Cross Country Championship

Oxford

Saturday 8th December

Saturday saw the country's best vets competing in Oxford for the 'South of England Masters Cross Country Champs'

Ilford AC had the one athlete running, ex England International Andy Catton, who ran in the Over 60's race.

On a tough hilly and muddy 10k course Andy finished in an impressive 41.29, a run he described as his best race for years.

Andy's efforts earned him 5th place in the over 65 category, which placed him one place above World 800m and 1500m champion and record holder Dave Wilcox.

Andrew also placed 11th overall in the over 60's.

Essex runners won both age groups – Dave Cox of Woodford was first M65 and Mick Bridgeland of Chelmsford first M60

WARE CUP

Loughton

Saturday 8 December

This years Ware Cup saw a field of 90 assembled at the Roding Valley Recreational Grounds in Loughton for this 8km team event. The race runs out of the park across the Roding River for 3 laps of the country park area and then back.

The Ilford male challenge was headed by Gary Coombes. who is in good form this autumn, in 9th place with 29 mins 26 secs and 1st M45 over the line.

Hard working Seb Parris backed him up in 13th place in 30 mins 42 secs.

Next up was Diarmuid Mac Donnell in 33 mins 54 secs. Ed Skinner closed the scores in 63rd spot and 2nd in the M60 category in 40 mins 40 secs.

Jim Huddart was the only 70 age category runner in the event and finished 87th.

The Ilford ladies line up was headed by Bree Nordin as 9th in the ladies race in 37 mins 54 secs and 1st in the F60 category. Nicola Hopkinson came home 22nd in a strong field with 41 mins 10 secs and 2nd in the F55 grouping.



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Gaye Young completed the team in 33rd spot with 44 mins 53 secs.

In the match Ilford finished 4th in both the mens and the ladies fixtures.

