



## **Southend Rudolph 5 Mile Race**

*Sunday 9th December*

Iford ladies Carol Muir and Julie Gillender set out on a cold and wet Sunday morning to run the annual Southend rudolph 5 mile race.

The run consisted of part of the Southend parkrun route and then along the promenade and back again to the finish point.

Christmas elves and Santas all festively dressed for the occasion only to be soaked by the rain but the atmosphere kept everyone's spirits up. On finishing every runner received a medal, mince pie and Christmas pudding .

Both ladies were pleased with their runs with Julie coming in on 52:39, closely followed by Carol with a time of 53:41



## **ESSEX CROSS COUNTRY LEAGUE - SENIORS**

Horseheath, Cambridge

*Saturday 15 December*

The third round of the Essex Cross-Country League was held on a bitterly cold afternoon on the wide open Horseheath racecourse just over the border into Cambridgeshire.

The ladies race was over 6km with Carlie Qirem leading the way in 38th in 30 mins 06 secs.



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Next up was Bree Nordin, who is leading the league in the F55 section, with 31 mins 19 secs. Nicola Hopkinson was 63rd in 32 mins 55 secs and Anna Crawley closed out the scorers in 34 mins 11 secs.

The Ilford ladies fished 8th on the day and are currently in 9th in division one of the league this season.

Also in action were Sharon Honey in 79th with a time of 36:12 and Julia Galea with 89th in a time of 37:55.

The men's race was an 8.6km event with John Crawley leading the under strength Ilford team in 82nd with 34 mins 13 secs. He was supported by Dan Holeyman in 95th with 35 mins 23 secs, with Diarmuid Mac Donnell just 2 places and 5 seconds behind.

Phil Davies ran a steady race to finish 107th with 36 mins 24 secs and Alan Pearl came 146th in 40 ins 02 secs. Trevor Robinson was the last of the team's scoring athletes in 41 mins 55 secs.

The Ilford club finished 10th in the match and maintain 7th spot in division one of the Essex League.

The club had 4 other athletes in action in the event; Steve Cheal 162nd 42.31, sprinter Henry Ricketts 171st 46.10 Ray 'Sparra' Everingham 177th in 54:12 and Jim Huddart, who is leading the M70 category in the league, 180th in a time of 64:32







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### **Dawn to Dusk Sunlight Ultra**

Woodford Green

*Sunday 16th December*

The Dawn to Dusk Sunlight Ultra is a running event organised by the 'Sikhs in the city' running community every year and consists of races at many Disciplines.

Ilford's Peter Spelman decided to take part in the 'Marathon event' which amazingly consists of 21 laps for the 26.2 mile course.

Peter was pleased with his time of 4:59:40 which placed him 31st on the day and 4th in his age category.