



SENIOR PRESS REPORT

Essex Cross Country Championships

Writtle College

Saturday 5th January

The 92nd Essex Cross Country was held on firm, flat course on a chilly Saturday afternoon at Writtle College near Chelmsford. It was the first time in the history of the event that the senior men and women ran the same distance, 10km.

In the Senior Women's race, which was won by seasoned international Jess Judd, the Ilford AC squad was led home by Carlie Qirem in 48 mins 49 secs for 57th place with Anna Crawley having a good run for 79th in 53 mins 21 secs. Next up was Sharon Honey with 56 mins 31 secs for 104th, with Alison Sale completing the scorers in 110th with 57 mins 19 secs. Also representing the club were Frieda Keane 124th in 60 mins 11 secs and Julia Galea one place further back with 61 mins 06 secs. In the team match the club were the 15th to finish a team.



The men's race was also won by a British International, Adam Hickey of Southend while the Ilford Ac squad of 12 was led in by Tom Gardner in 24th spot with 35 mins 21 secs. Next up was Alex Richards in 30th with 35 mins 35 secs and the reliable Malcolm Muir with 36 mins 37 secs for 47th. Seb Parris showed great form in 71st with 37 mins 52 secs , while John Crawley was another running well for 95th place in 39 mins 18 secs. Sam Rahman in his first outing over the country this winter closed the scoring six in 124th with 41 mins 10 secs. Dan Holeyman was close behind in 131st with 41 mins 28 secs and Diarmuid Mac Donnell a further 5 places back with 41 mins 47 secs. Next home for the Ilford men was the newly elected 'Essex County Athletic Association President' Andy Catton in 174th with 45 mins 05 secs.

Also in action in the championship were Trevor Robinson (202 49.06) Tony Young (205 51.10) and Ray 'Sparra' Everingham (227 61.59)

On the team front the Ilford finished a credible 8th,

