



## **ESSEX CROSS-COUNTRY LEAGUE**

Epping Forest

*Saturday 12 January*

Ilford AC were represented across the age groups in the penultimate race of the Cross Country season in the Essex League.

The race was held in Epping Forest over the usual challenging course that, although firmer and drier than usual, still had its difficult muddy moments to contend with.

First race of the day was the U13's held over 3km

Ilford's sole representative was Joseph Grange who ran an impressive 12:10 for 14 place in a field of 40.



Next up was the U15's held over 4km

Ilford had 2 runners in this race, both putting in fine performances.

Matthew Hick came in on 17:02 for 21st place, followed very closely by Ryan Holeyman in





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17:27 for 24th place.





It was then the turn of the U17's competing on a course of 6.6km  
Again Ilford had 2 runners representing the club. Jak Wright impressed with an 8th place finish in a time of 25:47. Jak was followed very closely by Bradley Deacon who continues to improve, in 10th place with a time of 26:16.









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The final 2 races of the day were the Senior ladies followed by the men, where the club fielded an excellent turn out off 33 runners combined.

The 14 Ilford ladies were led home over the 6.6km course by Bree Nordin in 40th spot and 1st in the F55 age grouping in 32 mins 46 secs. Next up was Nicola Hopkinson in 56th, and 3rd in the F55 category, with 35mins 03 secs and Jenni Sheehan with 35 mins 34 secs for 60th. Closing the scoring team was Anna Crawley in 64th in 36 mins 08 secs.

Doris Gaga showed good form for 67th with 36mins 16 secs and Alison Sale had a good run for 77th in 37 mins 50 secs. A couple of ladies who turned out over the country for the first time for the club were Pramila Monro in 98th (42.42) and Mandeep Bassi with 103rd (45.14). Also in action were: Pauline Tester (80th 38.31) Sharon Honey (87th 39.57) Frieda Keane (90th 40.54) Julia Galea (91st 40.59) Launa Broadley (106th 47.36) and Sheila Sinclair (108th 49.47)

In the match the Ilford ladies came 8th in division one and hold 9th spot for the season with one match left at Basildon.







There was an 19 strong Ilford team in the senior mens race over 7.6 km.

First home for the club was Alex Richardson in a fine 10th position in 28 mins 16 secs with Tom Gardner close behind in 19th with 29 mins exactly. Malcolm Muir with his all action style came home 34th in 29 mins 51 secs and 4th in the M4 age category. Seb Parris showed his form is improving with each race as he came home in 52nd spot with 30 mins 43 secs. John Crawley finished 78th in 32 mins 14 secs and Steve Philcox closed the scorers in 81st, and 4th in the M50 grouping, in 32 mins 23 secs.

Sam Rahman finished 91st with 33 mins 08 secs with young Philip Ellul one place behind in 33 mins 16 secs.

Phil Davies was next home in 34 mins 56 secs for 115th and Andy Catton 126th with 36 mins 12 secs. Tony Nixon was the second over 70 to finished in 171st with 38 mins 06 secs.

Also in action were: Alan Pearl (151st 37.55) Tony Young (171st 40.24) Trevor Robinson (178th 41.18) Ernie Forsyth (191st 43.00) Henry Ricketts (203rd 46.47) Ray 'Sparra' Everingham (212th 54:02) Peter Spelman (213th 58:07) and James Huddart (215th 63:13)

In the match Ilford gave a good showing to finish 6th in division one and are in the same position for the season going in to the last match







