



## **Veterans AC Masters**

Wimbledon Common

*Saturday 19th January 2019*

The Veterans Masters Cross Country Championships took place last Saturday on a 2 lap course comprising gravel tracks and playing fields at Wimbledon Common.

Held over a distance of 4.5 miles Ilford's one representative was Trevor Robinson. Trevor finished in 35th place in a time of 35:40 which gave him a Bronze medal in the V45 category

## **Benfleet 15**

*Sunday 20th January 2019*

Ilford AC fielded 2 runners in the Benfleet 15 held at Hadleigh Downs on Sunday.

The course is a very challenging multi terrain course comprising hard sections of the Canvey Island sea wall contrasting with marshland and the undulating Hadleigh downs.

Starting downhill and finishing on a mile long big climb, the race is not for the faint hearted. John Crawley was first home for the Club in a fantastic time of 1 hours 49 mins 47 seconds for 55th place in a field numbering over 800.

Only 9 places behind John, in 64th place, was Diamuid MacDonnell in a time of 1:51:32 which was a pb for himself on the course

The overall race record is still held by Ilford's Amin KoiKai who clocked 1.22.17 in the 6th running of the race back in 1996, a time that no runner has recently been able to even approach.





## Press Report 21st January 2019