



## **London cross country champs**

Parliament Hill

*Saturday 16th Nov*

495 runners took to the hills at this years London Cross country champs.

Ilfords **Mungo Prior** in his 1st year as a u/20 and a step up in distance put in an excellent performance with 51st place overall in 40:41 which placed him 2nd u/20 finisher on the day. Chasing Mungo home was the ever consistent **Tom Gardner** in 53rd place in 40:47 and 11th vet 35. **Gary Coombes** in top form at the moment was not far behind in 68th place in 41:30 and 2nd vet 45 on the day. **Trevor Robinson** completed the team in a time of 1 hr 03:40 for 481st place.

## **Fulham 10k**

*Sunday 17th Nov*

Club captain **Billy Green** was chosen to represent the club in the prestigious Fulham 10k on a cold Sunday morning.

Starting on the iconic New Kings Road, the traffic free route around the borough of Fulham which takes the runners on a loop round Chelsea's Stamford Bridge ground was lined with spectators wrapped up against the morning chill cheering on over 5,500 runners.

Billy ran well to record a new PB over the 10k distance, with a time of 46 mins 45 seconds.

Despite speculation that his second post match medal was for running in the 'shortest shorts' on the day, Billy received his second medal for competing in all 3 of Adidas' city runs in 2019.









## **Chelmsford 10k**

*Sunday 17th Nov*

The Chelmsford 10k took place at the unusual time of 2pm on Sunday, which meant the morning chill had gone and runners had near perfect conditions to race in.

Two runners from Ilford AC **Steve Philcox** and **Sharon Honey** represented the club and both put in excellent runs. Steve finished 29th overall in a time of 37:40, whilst Sharon came in on 50:59 for 217th place.





## **WALKING REPORT**

### **STONE ME!**

On a cold damp Saturday morning at Enfield's King George V Playing Fields the long established Enfield Open 7 Miles, now in it's 94th year, was staged over a 1 miles course made slippery by fallen leaves during it's entire length.

Pride of place went to an in-form Steve Uttley who got off to a great opening mile which saw him tucked in just behind the leaders. Shortly after setting out on lap 2, efforts ground to a halt as he needed to remove a stone in his shoe, and while doing so 5 rivals sped past a stationary Uttley.

After his setback he quickly gained momentum to pass the 5 miles' mark in 46 minutes and 10 kilometres in 58.39 to impress. He reached the finish line in 66.21 to fill 9th position in what was a good class field.

Also catching the eye was Emma Dyos in 12th spot (4th lady) in a personal best 68.03. Stuart Bennett walked a sound race to record 71.52 which secured him 17th place while always-reliable Dave Kates, 24th spot in 75.52 gained Ilford 2nd team prizes, beaten only by hosts Enfield & Haringey AC.