



Essex County U13 / U15 / Veterans' Championships

Writtle College

Saturday 30 November

The Essex county cross-country championship for master athletes was held in the grounds of Writtle College near Chelmsford on a bright chilly Saturday morning. All three races were held over a 2 lap 8km course featuring grassland, mud at a couple of challenging climbs.

First up was the ladies race where the runners compete in 5 year age bands. Ilford Ac were led home by the consistent Bree Nordin in 33 rd overall in 42 mins 19 secs. This position earned the silver medal in the F60 age grouping. Next home for the Ilford ladies was Nicola Hopkinson in 56th, and 8th in the F55 category, with 47 mins 05 secs. Dianne Crisp placed 70th in 49 mins 31 secs, while Frieda Keane ran steadily for 101st with 54 mins 42 secs. Lovedip Dhaliwal completed the Ilford line up in 106th in 56 mins 08 secs.

Leading the way for Ilford in the mens 50 and over race was Steve Philcox with a fine 5th place in 33 mins 30 secs and Paul Holloway gave a determined performance for 13th with 34 mins 48 secs.. Terry Knightley came home 9th in the M55 group and 40th overall with 37 mins 30 secs. Alan Pearl completed the Ilford scorers as the team placed 5th. Pearl was 4th the M60 category and 45 overall in a time of 37 mins 40 secs.

Jim Tilbrook was 98th with 44 mins 04 secs and Satha Alaganandasundaram recorded 58 mins 11 secs in 129th.

The M40-49 age group race was the last of the morning and saw good results for the Ilford club. Paul Grange ran a good tactical race to win the M40 championship in 30 mins 36 secs as he finished 2nd overall. Malcolm Muir gave 100% as always placing 11th 32 mins 23 secs. Gary Coombes moved through to come home 14th after a slow start in 32 mins 30 secs. Dan Holeyman had good race to cross the line 34th in 35 mins 06 secs.

These 4 together finished second in the team event for the silver medals.

Diarmuid Mac Donnell completed well for 43rd with 36 mins 17 secs, while Dennis Briggs finished 66th in 40 mins 29 secs. Trevor Robinson completed the Ilford squad with 46 mins 16 secs for 79th.









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