



## **Essex Cross Country Champs**

*Basildon*

4th January 2020

The Essex Cross-Country Championship was held at Gloucester Park in Basildon over a two lap 10km course which features several climbs on each lap. Ilford Ac produced good results despite both their senior mens and ladies teams going hit by a few withdrawals due to injuries and illnesses.

The Ilford men were headed by Ahmed Abdulle who was up with the leaders finishing 5th in 33mins 28 secs. Next home was Tom Gardner in 35 mins 38 secs for 19th and Alex Richards in 29th with 36 mins 08 secs. Paul Grange recorded 36 mins 18 secs for 31st with Oscar Peris one place and 5 second behind. Paul Holloway made up the scoring team in 69th spot in 39 mins 27 secs.

They combined to place Ilford men 5th in the county team race.

Seb Parris showed good country form in 84th and 40 mins 10 secs while John Crawley impressed with 40 mins 57 secs in 97th. Next home were Diarmuid Mac Donnell in 106th with 41 mins 30 secs, Sam Rahman with 41 mins 53 secs for 112th and Dan Holeyman in 117th recording 42 mins 29 secs.

Completing the Ilford men's squad were Haydn Newland 133rd in 43.15, Terry Knightley 140th 43.59, Alan Pearl 144th 44.18, Jim Tilbrook 202nd 53.58 and Trevor Robinson 211th 55.30

For the ladies Anna Crawley continues to show good improvement coming home 32nd with 45 mins 14 secs to lead the Ilford ladies challenge. Amy-Louise recorded 48 mins 03 secs for 52nd and the ever green Bree Nordin finished 59th in 49 mins 23 secs. Sharon Honey closed the Ilford team in 78th with 55 mins 02 secs.

Ilford ladies were the 11th club to finish in the team rankings.

Alison sale had a good run for 88th with 55 mins 53 secs and Julia Galea was consistent in 108th in 61 mins 44 secs. Doris gaga picked up several places with a strong second lap coming home 112th in 62 mins 36 secs while Frieda Keane found the going tough in 116th



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and 64 mins 06 secs. Lovedip Dhaliwal with 68 mins 12 secs for 120th and Launa Broadley in 124th with 70 mins 07 secs completed the Ilford Ladies squad.

A very good performance from both teams on what was a difficult course in challenging muddy conditions.





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