



Press Report 14th January 2020

ESSEX CROSS-COUNTRY LEAGUE

Hilly Fields, Colchester

Saturday 11th January

The latest round of this winter's Essex Cross-Country League took place over a firm, course on Hilly Fields just outside Colchester with a testing hill on each lap.

The ladies raced over a two lap course of 6km with Anna Crawley showing her current fine form in leading home the Ilford AC ladies team in 26th place in 25 minutes 16 seconds. Next over the line was Carlie Qirem who returning from an injury was pleased to place 44th with 27 minutes 21 secs, while Bree Nordin was once again the first to finish in the F60 category in 28 mins 50 secs for 52nd overall.

Nicola Hopkinson was as consistent as ever closing the scorers with 30 mins 02 secs in 65th. The team was placed 8th on the day and will need a good result in the final match at Braintree next month to avoid slipping into division 2.

Doris Gaga is currently showing improved form placing 92nd in 34 mins 14 secs, with Frieda Keane close behind in 35 mins 33 secs. Lovedip Dhaliwal placed 10st with 36mins 37 secs and Launa Broadley completed the Ilford squad in 104th with 37 mins 35 secs.

The senior men also raced over 2 laps but theirs was a little longer coming in a little short of 8km. Tom Gardner produced his best league result of the season in 8th place with 25 mins 50secs, while Paul Grange was second in the M40 age group with 26 mins 05 secs for 10th overall. Paul Holloway came home 60th and 3rd in the M50 category in 28 mins 46 secs and Sam Rahman had his best race of the winter on the cross country in 78th with 29 mins 28 secs. Seb Parris was close behind in 80th in 29 mins 32 secs. Haydn Newland completed the scorers with 31 mins 13 secs in 110th. The Ilford team placed 5th in this match and remain in 3rd place in the league table.

Terry Knightley ran well for 117th and 32 mins 14 secs and Alan Pearl finished 122nd and 2nd in the M60 group with 32 mins 38 secs. Dennis Briggs came in on 33:48 for 138th, Tony Young 177th in 37:39, Jim Tilbrook 180th in 39:14 and Trevor Robinson 192nd in 40:35. Completing the squad and scoring well in their age categories were club endurance coach Rob Sargent in 210th and 3rd M65 in 43:34 and Jim Huddart in 219th for 3rd M70 in 55mins 28 secs



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Several club members are currently in good positions to win an individual league trophy at the end of the season. Paul Grange leads the M40 group and Gary coombes is placed 3rd in the M45s. Paul Holloway is 3rd in the 50 category and Jim Huddart is in the same position in the M70s. Alan Pearl is 2nd in the M60 group.

On the ladies side Bree Nordin leads the F70 group and Nicola Hopkinson is placed 3rd in the F55 category.







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