



### **British Athletes cross country challenge, inc. European trials.**

Liverpool

*Saturday 27th November*

Two of Ilfords athletes took the long journey to Liverpool for the British Athletics Cross Country challenge, which was being used as Cross Country European trials, a major event in the Cross Country calendar.

Mungo Prior was first up in the u/20 race, putting in an excellent performance finishing in 21:59 for 62nd place over the tough 6.7k course.

Ahmed Abdullah ran in the u/23 race which was combined with the Seniors and after a successful London champs recently he continued his impressive comeback with a 23rd place in the u/23 in 30:18 and 59th overall on the day in a field of over 500 runners.

### **Chingford League**

Trent Park

*Sunday 28th November*

The Chingford League headed over to Trent Park on Saturday for fixture 4 where the junior races had the added interest of being combined with the North West London League. The weather was out in force with strong winds and rain adding to the bitter cold. Perhaps this was why Ilford had just one junior athlete out, Ronan Edwards in the under 17 race.

Ronan started fast, trying to warm up after those minutes waiting on the start line. He had a very solid race finishing in a strong 6th in the race, 2nd Chingford League finisher.

The bitter weather put off all but the most robust of Ilfords senior squad, with just club stalwart and ex England International Andy Catton making the journey to Barnet.

Andy put in a typical gutsy performance on what he described as a 'traditional' Cross country course of mud and hills to place 160th and second M60 on the day in a time of 43 minutes over the 8k course.

Ilford AC now find themselves in the relegation positions for both the mens and ladies senior teams





