



## Ilford AC Press Report 6th December 2021

### **ESSEX U13, U15 AND VETERANS CROSS-COUNTRY CHAMPIONSHIP**

*Writtle College*

Saturday 4 December

The Essex Cross Country Championships for U13's, U15's and athletes over 40 took place at Writtle college on Saturday

In the Junior races Ilford had one entrant in both the junior boys races.

The first race of the day was held over a 3k grassland course that was fairly sticky after some overnight rain. Ryder Islam gave a very good account of himself in the U13 boys finishing 19th in 14:26.

Next up was Samuel Crane in the U15 boys race, who continues his fine form finishing in 21st place in a time of 17 mins over the slightly longer 4k course.

The veterans all completed 2 laps of approx. 4k.

In the race for the men between 40 and 49 Malcolm Muir was first home for Ilford AC in 14th place, and 9th in the M45 category, in a good time of 28 mins 32 secs. Next over the line for the club was Fabio Stefanoni with 29m 46s in 25th and Dan Holeyman placed 32nd in 30m 37s.

A great effort from the 3 runners who would surely have received Essex medals had there been another runner to complete a 4 man team.

In the race for men over 50 Terry Knightley impressed coming home in 38th spot, which placed him 5th in the M60 age group, in 32m 34s with Neil Crisp 55th in 34m 20s. Tony Young came home 96th with 38m 35s and Steve Cheal placed 117th in 42m 04s. Ernie Forsyth was 121st in 44m 43s and Rob Sargent 4 places behind in 45m 57s to close the Ilford finishers. In the M60+ team competition the team placed 7th.

The Ilford ladies were led home by Mel Jones in 40th spot in 39m 10s with Alison Sale 50th with 40m 19s. Dianne Crisp placed 81st in 45m 17s and Frieda Keane continued to show improvement in 92nd with 46m 28s. These 4 ladies combined for 3rd place in the F50 category team competition and took home bronze county medals.

Also in action for the ladies was Julia Galea in 110th and Launa Broadley finishing 116th.



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### **English Schools Cup and Leeds University Relays**

Miles apart but with the same competitive drive were the Grange Wright brother competing for their school and University.

Up first Joseph Grange had his best success to date finishing within the medals at the ESAA English Schools Cross Country Cup. Competing for Coopers Coborn school he ran well in hailstorm and strong winds on a tough hilly course to finish the race which had a stellar field of athletes in 3rd place in a time of 16:37. Jak Wright, competing for York University, ran the 4th leg for the mixed team at the Leeds University Cross Country relays. Jak ran 10:30 on a course just short of two miles, in tough, proper cross country conditions. The mixed relay team came 2nd on the day, against some of the top universities in the country and abroad.

### **Podium 5k Leicester**

Mungo Prior, who is in his second season at Loughborough University, had a very good run out in the Podium 5k. The race was a 5 lap event around a local cycle circuit. Mungo was up and pushing the pace for the first few laps. Before sitting back on laps 3 and 4. Entering the final lap he pushed to the front again and ended up crossing the line first in a pb of 15.54

### **Metropolitan League Uxbridge**

Rhys Edwards competed as a guest at the 3rd Metropolitan League match at Uxbridge, its an interesting course that involves a river crossing, Rhys ran well to finish 64th overall and 11th in the U20 category

### **Lee Valley Open Meeting 5th December**

After a few on hill training over the forest, Oliver Blainey got back on the track on Sunday, with his first ever indoor race.

It was a 300m, which started on the back straight, Oliver ran really well and surged off the final bend to win in a time of 38.53, which was faster than he achieved outdoors last year.