



## Ware Cup

Loughton

11th December 2021

Loughton AC hosted the annual Ware Cup championship at Roding Valley on 11 December 2021.

Although late notice of the event meant that usual entrants from IAC were depleted, three athletes from IAC made the journey to compete.

A challenging course of 4.8 miles of undulating ground soft with surface water and mud awaited Frieda Keane, Seb Parris and Danny Holeyman. The three entrants equipped themselves well with Seb Parris completing the course in a very respectable time of 30.52 in 13th place, Danny Holeyman in 23rd place in 31.53 and Frieda Keane completing the course in 47.41 in 102nd place.











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### **South of England Masters Cross Country Champs**

Croydon

*11th December 2021*

On Saturday Terry Knightley travelled South of The River to compete as the sole Ilford AC representative at The South Of England 'Masters' Cross-Country Championships.

The event was held over a very challenging 10Km course at an incredibly muddy and boggy Lloyd Park in Croydon.

Although cross country is not to his liking he battled the conditions well and finished in 44 Minutes 07 seconds to place 147th in a field of around 300 plus athletes.

### **SEAA Inter County Cross Country Championships**

Croydon

*11th December 2021*

After his successful run for Ilford in the recent Cross Country Championships, Joseph Grange was selected to represent Essex in the Inter County Cross Country Championships at the weekend.

On a muddy 4k course Joseph put in a great performance to finish 11th in a time of 14:01 which helped to secure the Bronze medal for Essex on the day





### **TELFORD 10km**

*12th December 2021*

Three members of Ilford AC were amongst the finishers of a large quality field for the Telford Ac, a race that included the England 10km Championship, last Sunday.

The race was held on a two lap course in Telford Town Park and Tony Young was the leading Ilford runner finishing in 45 mins 50 sec in 639th place. Second claim member Ed Skinner was next over the line in 86th and 1st in the M65 category, with 51 mins 37 secs, while club endurance coach Rob Sargent was hampered by a hip problem and recorded 58mins 05 secs



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