



## Press Report 21st December 2021

### **ESSEX CROSS-COUNTRY LEAGUE**

Great Notley Country Park, Braintree

*Saturday 18th December*

The third round of the Essex Cross-Country League was held in Great Notley Country Park in Braintree. The course featured several hills including a long climb at the end of each lap and was on slippery muddy grassland and trials.

First to compete in Ilford Colours on the day was Ryder Islam in the U13's race. Ryder continues to improve with each race and battled through the field for a 21st position in 12:37 over the 3k course.

Next up in the U15's boys race Ilford had 3 athletes, who all performed well. If we had a 4th athlete Ilford would have been in the top 3 team events so hopefully we can achieve that at the next match

The first Ilford athlete home was Joseph Grange, who is running at a very high level in all races at the moment. The field quickly narrowed down to 3 athletes, including Joseph. On the last hill Joseph was in 2nd place, close to the Colchester boy, with the Chelmsford boy further behind. Joseph eventually finished third in a very exciting race in a time of 14:01 over the 4k course.

Samuel Crane and Aaron Hick also competed and ran together for the first part of the race. Samuel used his strength in the second part of the race to pass a number of athletes to come 19th in 15:53 and Aaron sprinted well over last 200 m to position well in 24th position in 16:18

Next up were the Seniors who ran over a 3k course with the ladies completing 2 laps and the men 3. Jordan Hinds led home the Ilford ladies in 24th spot in 28 mins 18 secs. Anna Crawley was next home for the club after a solid run in 35th place with 29 mins 28 secs. Alison Sale impressed as 1st lady in the F55 category and 47th overall in 31m 14s, while Hannah Sheikh finished 53rd after a sprint finish with 31m 57s.

The Ilford team won the division 2 match on the day and sit top of the league and are favourites for promotion to the top division.

Frieda Keane came home 78th with 37m 59s and Julia Galea recorded 38m 20s for 81st and 2nd in the F65 grouping. Launa Broadley completed the Ilford team in 94th.

The men were led home by Paul Grange in 21st with 32m 57s, while Jak Wright gave a stellar performance in his first senior cross-country in 28th and 4th in the U20 age group with 33m 46s. Seb Parris looked in good off road form in 67th in 36m 48s while another of the club's young prospects Dylann Harrod finished 84th with 37m 56s. Dan Holeyman came home 93rd with 38m 23s and John Crawley completed the scorers in 95th recording 38m 35s.

In the match Ilford finished 7th and currently sit 5th in division 1 for the season.

Terry Knightley was 113rd and 3rd in the M60 category with 40m 17s and Andy Catton was 157th and 2nd in the M65 age category with 46m 19s.

Also in action for the club were: Steve Crane 134th, 42.58 and Tony Young 161st in 46.58

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After 3 matches several Ilford runners are featuring in the individual age group tables; Alison Sale is leading the F55 and Terry Knightley the M60. Dan Holeyman is placed 3rd in the m45 And Hannah sheikh 7th in the F45





















### **Southend Rudolph Run 5**

*Sunday 19th December*

One day after tackling the Brutal Course of the Essex League Cross-Country race at Great Notley Country Park, Terry Knightley, was the sole Ilford AC entrant at the Southend 5 Miles Rudolph Run.

Held over a fast and flat accurately measured seafront course against 429 other runners many of whom had dressed festively for the race as Santas and Elves.

Knightley, who won the inaugural race outright ten years ago back in 2011, this year finished in 15th position overall in 30 Minutes 53 seconds and was 2nd MV60.

All finishers received a themed Christmas Medal and mince Pie for their efforts !













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