



South of England Cross Country Championship

Beckenham Palace Park

Saturday 29 January

Ilford AC had a squad of 3 U15 boys and 5 Senior men at the South of England Cross-Country Championship at Beckenham Palace Park on Saturday.

The grassland course was firm but undulating and made for a fast race.

First race of the day was at 11am where the U15 boys raced over a one lap 4.5km course. All 3 Ilford boys performed well with Joseph Grange leading the team home in 16m 12s for 20th place. Samuel Crane, whose father was racing in the Senior race later in the day, put in a good performance for 18m 32s and 142nd place and was closely followed by Aaron Hick who came home in 155th place in a time of 18m 58s

Last race of the day at 2.50pm was the Senior Men who ran over a 4 lap 15km course. After a disappointing run the Essex champs, Ahmed Addulle put in an excellent performance finishing in 6th place in 48:17 finishing just 12 second behind the Essex champ Tom Frith in 5th place, and only 36 seconds behind winner Andy Coley Maud in a field of close to 700. Malcolm Muir put in a determined run to finish 220th with 58mins 12 secs. John Crawley and Diarmuid Mac Donnell were close throughout the race with Crawley placing 445th with 65m 58 s and Mac Donnell 459th in 66m 25s. Steve Crane completed the Ilford runners in 534th in a time of 69m 06s

