



## Press Report 15th November 2022

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

Epping Forest

Saturday 12th November

The second round of the Essex Cross County league was held over a traditional cross country course of muddy trials and hills. Ilford Ac ladies featured well in their division 1 match with Jordan Hinds having an excellent run to lead home the ladies' team in 25th place in a time of 27 mins 48 secs for the 6km course with Joanne Reeves running in the league for the first time recording 30 mins 07 secs for 47th. Gaye Young came home 76th after taking a wrong turn in the race with 33 mins 39 secs and Pauline Tester was 1 place and 4 seconds behind her while Dianne Crisp finished 104th in 37 mins 19 secs.

In the match the ladies finished in 8th spot and are 7th in this winter's league table.

The men raced over 8 km and Ilford were led home by Tom Gardner. Always up towards the front of the field he finished 8th in 28 mins 36 secs. Malcom Muir gave a determined performance coming home in 30 mins 53 secs for 33rd and 3rd in the M45 category. Dylan Harrod, who is the u20 men category, finished in 59th with 32 mins 15 secs with Steve Philcox 2 places further back. Seb Parris looked strong in 113th with 34 mins 57 secs and Richard Woolterton improves with every race crossing the line in 134th in 36 mins 08 secs. Bereket Berakhy made his Ilford debut in 138th spot recording 36 mins 27 secs

In the match the Ilford men finished 7th and after 2 matches and are placed 8th in the top tier.

Also in action were: Neil Crisp (159 37.29) Steve Crane (169 38.25) Andy Catton (221 42.35) Bradley Brown (231 44.05) Jim Tilbrook (246 46.30)

Earlier in the day there were some fine results from our youngsters.

Aron Berhe and Ryder Islam came in 23rd and 24th in the U15 Boys race with times of 16:54 and 17:15 over the 4k course and Mohamed Zereouat ran well for 23rd place in the U17 boys race in a time of 28:44 over the 6k distance.









### **STEBBING 10 (Miles)**

Sunday 13th November

The Stebbing 10 took place over a rolling course from the picturesque village of Stebbing on an unseasonably mild November morning..

The race started just after 11 o'clock and a short Remembrance Sunday service. Ilford AC had 8 runners on the day, all putting in fine performances.

The Ilford AC challenge was headed by Malcolm Muir who is in excellent form at the moment, completing his second run for the club in two days, coming home in 11th place overall in a time of 61m:15s. Malcolm was followed by Dennis Briggs, also showing good form after his recent London Marathon in 61st place in 71m:20s

Next home was Alison Sale in 192nd place for 85m:03s. Alison was followed by Sharon Honey, coming home in 270th place in 90m:22s, Julia Galea in 351st in 98m:51s and an excellent 100m:03s and 364th place for Launa Broadley who achieved a PB over the distance.

Completing the teams were Ray 'Sparra' Everingham 375th 100m 31s, the ever reliable Frieda Keane 376th 101 minutes exactly and Lovedip Dhaliwal in 383th place in a time of 101m 37s.

A good performance for all athletes who were rewarded with an excellent Poppy medal for their efforts















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### **RACE WALK REPORT**

Ilford Athletic Club's only double Olympian Neringa Masilioniene, who appeared in the Games of 2012 and 2016, was in imperious form when contesting the 95th Enfield Open 7 Miles around 7 one-mile flat circuits of a large public park on Saturday morning in ideal weather. A previous winner of the event in 2011, she led from start-to-finish to taste victory in 58 minutes and 11 seconds, a massive 7 and-a-half minutes ahead of 2021 winner Jaqueline Benson (Ashford AC). Ilford's Emma Dyos came 4th in 69.15 with Lesley Morris clocking 79.58 for 8th spot. In the men's race inform John was the pick of Ilford's contingent when filling 7th position in 72.11, just ahead of 8th placed Simon Morgan in 75.49. A word for the Club's walking coach Stuart Bennett who turned out despite not fully recovered from a back complaint. The former Scottish International was 10th with 76.47 on the stopwatch. In the 4 miles event Shaheda Arthur was leading lady in 56.45.

The team race, based on the best scoring 4 members taken from both genders, was an emphatic victory for Ilford. More significant, it was the Enfield League's 12th and final fixture, which Ilford had the luxury of going into having already secured their league victory with a race to spare.

Issued by Ilford AC Walking Section