



## **ESSEX CROSS-COUNTRY LEAGUE**

Writtle College

Saturday 26th November

The third round of the Essex Cross-Country League was held at Writtle College, just outside Chelmsford, on a wet, soft grassland course on a mild morning ideal for Cross Country running.

Ilford had good squads out in both the senior mens and ladies races and produced good results.

The ladies raced over 6 km and Jordan Hinds led the team home in an excellent 16th place in 27 mins 13 secs. Backing her up were Amy-Louise Bird in 21st with 28 mins 02 secs and Anna Crawley with 29 mins 40 secs for 43th. The team scorers were closed by Alison Sale in 63rd in a time of 31 mins 28 secs.

Mel Jones was 3 places back in 32 mins 06 secs with Sharon Honey 93rd and the 1st finisher in the F65 category with 35 mins 32 secs. Julia Galea was 2nd in the same grouping in 38 mins 45 secs for 121st. Frieda Keane completed the line up coming home 123rd in 40 mins 12 secs

In this match the Ilford ladies finished in 5th spot and stand 6th in the Division 1 league table.

The men's race was over 8km and Ilford were led home by Tom Gardner with a strong run for 19th in 26 mins 59 secs. There was good support from Paul Grange in 23rd with 27 mins 10 secs, giving 2nd finisher in the M40 category, and ever reliable Malcom Muir with 28 mins 36 secs for 44th and 3rd in the M45 age group. Steve Philcox had a fine run in 72nd with 29 mins 57 secs and 2nd m55 in the race. Dylan Harrod, who is still in the U20 age category, came home 83rd in 30 mins 25 secs. The team was completed by Berekhet Berakly in 113rd and 31mins 46 secs.

Also in action for the club were Steve Crane (145 33.44) and Bradley Brown (197 36.59)

The Ilford men claimed 6th in their division 1 match and sit 7th in this seasons table

Earlier in the day the club's young athletes again put in solid performances, with the result of the day probably going to Joseph Grange who came 2nd in the U17 men's race in a time of 21:42 over the 6k course.

In the Under 15 boys race, held over a 4k course Ilford had a strong team of three runners with Samuel Crane coming home first for the club in 15th place for a time of 14:31. Backing him up with good performances were Aaron Hick in 19th place in a time of 14:43 and Aaron Berge in 15:20 for 27th place.



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## **Chingford League**

Trent Park

Saturday 26th November

Due to a fixture clash, with most of the Ilford Squad racing in the Essex League, Ilford AC had just the one runner at the Chingford League 5 Mile Cross Country race in Trent Park.

Jim Tilbrook continues with his return to fitness putting in a solid performance for 39th place in a time of 43:17





### **SCVAC Cross-Country 5 Mile Championship**

Croydon

Saturday 26th November

Earlier in the day Andy Catton competed in the SCVAC Cross-Country Championship which was held in conjunction with The South of the Thames Cross Country Association's 5 mile event in Lloyd Park Croydon.

Held over a toughish, undulating well grassed two lap course, Andy put in a good performance to win a Gold M65 medal finishing in 145th place in a time of 36 mins 03 secs



### **BRITISH MASTERS 10 Mile Road Championship**

Gravesend CycloPark

Sunday 27 November

The British Masters 10 mile road running championship was held on the CycloPark in Gravesend over 6 ½ laps of the 2.5km undulating circuit which was a challenge to the competitors as there were several climbs on each circuit of the track



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Ilford AC had 7 runners in the event with the ladies team putting in a sterling performance to win the team W45-W50 trophy.

They were led home by Jo Reeves in 60th place overall 1 hr 16 mins 46 secs . Next to finish was Gaye Young with a steady run of 1 hr 22mins 43 secs for 74th. The team was completed by Launa Broadley who is improving week by week and set a new personal best on the challenge course by 2 minutes recording 1 hr 37 mins 58 secs for 89th.

First over the line for the Ilford men was Diarmuid Mac Donnell in 34th spot with 1 hr 5 mins 48 secs Another runner in fine form is Joel Denning who set a new best time for the distance of 1 hr 9 mins 49 secs in 43rd position. Also in this age group was Dennis Briggs in 7th and 47th overall in 1hr 10 mins 58 secs. The men combined to take 3rd place in the British Masters championships.

Also having a run out was club endurance coach Rob Sargent who recorded 1hr 40 mins 24 secs for 91st and 9th in the M65 category.

In conjunction with the British Masters event, Veterans AC, a London based club that organizes races for masters (over 35) athletes, held their 10 mile championship where Broadley took a silver in the F55 group and Sargent a bronze in the M65 age category.









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