



Essex Cross Country Championships

Gloucester Park

January 7th 2023

Ilford AC sent a strong team of runners across all of the age groups to contest this yearly Cross Country event

Performance of the day, undoubtedly, came in the men's senior 12 kilometres race where Ahmed Abdulle won his first Essex senior cross-country title.

He has had a strong season so far with a previous win at the London Cross Country Championships. He ran alongside second place Gus Withers from Leigh on Sea running club, breaking away on the last lap for a comfortable win and Essex qualification for the inter counties championships later in the year.

The team race was six to score and Ahmed was backed up by strong performances from Alex Richards (15th), Malcolm Muir (39th), Paul Grange (45th), Fabrizio Stefanoni (57th), Neil Crisp (121st) and Steve Crane (126th).

In the Women's event Jordan Hinds had a superb race finishing in 14th Place. This was a real improvement on last year's performance and is reward for her hard work over the winter.

The Women's team race was four to score and Jordan was followed in by Alison Sale (64th), Mandy Reid (77th), Dianne Crisp (82nd), Julia Galea (90th) and Frieda Keane (91st)

Ilford earned its second inter-counties qualification in the U17 Boys event where Joseph Grange had a good race to finish fourth. He was followed in by Ronan Edwards in 11th place.

Finally in the boys u15 race, Ilford put together a team a five who all started strongly together and should be happy with their performances in a strong field.

The placings were, Samuel Crane (18th), Aaron Hick (19th), Ryder Islam (32nd), Aron Berhe (36th) and James Thake (38th)





