



Press Report 30th January 2023

## Southern Area Cross Country Championships

Beckenham Place Park

*Saturday 28th January 2023*

Ilford AC sent a small team of Juniors and Senior Athletes to this yearly event on a pleasant January Day. Event of the Day for the Club was the boy's u15 race where Ilford put together a team of four. Samuel Crane had his best race of the season coming home in 48th place, beating many competitors who had previously beaten him in the recent county championships. He was backed up by good runs from Aaron Hick (99 th ) who had his usual strong finish, Ryder Islam (117th) who ran strongly the whole way and Aron Berhe (156 th ) in his first large championships.

The Team finished 21 st.

Unfortunately in the Senior Men's 15 kilometre race Ahmed Abdulle had to withdraw with injury after being in the leading group through 5 kilometres.

Malcolm Muir (201st) and Steve Crane (480th) finished for the club with strong runs.







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## Ware Cup

Loughton

Saturday 28th January 2023

Ilford AC fielded 5 runners in the Junior races of the Ware Cup, hosted by Loughton AC, all producing promising performances for their athletic futures.

In the U13 girls race Ruby Moffat Virk made her Ilford AC XC debut and ran a very good race





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to finish in 9m 17s over the 1.5k distance.

For the 13 boys race, held over the same distance Jayden McDermott also ran his first XC race for the club and finished in 7th place in a good time of 7m 43s whilst Luke Thake finished in 13th place in a time of 8m 15s for 13th place, improving on last years time by 30 seconds.

The U15 boys ran a 5k course and James Thake had a great run for 2nd place in a time of 22m 34s.

Mohamed Zergouat ran a strong consistent race in the U17 event over a muddy and wet course for 6th place in a time of 26m 25s

The Seniors had a tough 8k wet and muddy course to contend with, so much so that the club, for the second week running, could only put out a senior ladies squad. Ilford Ladies never shirk a challenge.

Alison Sale led the team home in 16th place in a time of 40m 52s followed closely by Gaye Young who came home in 19th place for 42m 01s. Mandy Reid, who is having a very strong season in the leadup to her Spring Marathon came home in 28th place for 44m 36s, with the team being closed by the consistent Julia Galea in 40th place for 50m 12s.

The ladies performances secured them a 5th place position on the day













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