



Press Report 7th November 2023

ESSEX CROSS-COUNTRY LEAGUE

Writtle College, Chelmsford

Saturday 4 November

The third round of the Essex League was held on a muddy, slippery course at Writtle College near Chelmsford.

Iford AC had 33 athletes competing, including an impressive eleven number from our expanding junior ranks.

The day started with the U13's race over 3k.

For the boys Barney Perkins came in 16th and Khalif Ali 25th. Hawaa Patel came in 27th in the girls race. Unfortunately, due to an admin error, no times were recorded.

Next up was the U15 race, and Iford AC had 5 boys running over the 4k distance.

Sam Horsley continues his excellent season, coming in 2nd place in 13:40. Next up was Ryder Islam in 17th 15:27 followed closely by Aron Berhe in 16:05 in 22nd. Completing the team were Luke Thake 41st 18:33 and Jayden-Kyle McDermott one place behind in 18:45.

Final Junior race of the day was the U17 race held over a tough 6k course.

For the ladies Leila Lauder came in 23rd in 35:18.

In the boys race Samuel Crane was 9th in 24:09 and Aaron Hick ran 26:34 for 23rd.

The Iford AC senior teams found the conditions tough but put in respectable performances on a very hilly course.

Alex Richards had an excellent run to finish 6th in the 8km senior men's race in 27 mins 11 secs, while Malcolm Muir gave his usual spirited performance to come home 59th with 30 mins 33 secs and the improving Josh Alder finished in 30 mins 54 secs for 63rd.

Steve Philcox was the 1st in the M55 age category to finish in 74th in 31 mins 27 secs and completing the scoring team were Dan Holeyman in 131st and 33 mins 34 secs and one second and one place behind Neil Crisp.

In the match the Iford team finished 10th and in 8th spot in the league.

Also in action for the men were : Richard Woolterton 146th, 34:21, Seb Parris 148th 34:31, Bradley Brown 213th 37:43 Steve Horsley 242nd 39:29, Andy Catton 247th 40:01, Tarik Qirem 257th 40:56, and Tony Young 273rd 43:07

For The Iford Ladies in their 7km event there was a creditable run from Jordan Hinds in 26th in 32 mins 17 secs with support from Carlie Qirem with 34 mins 55 secs for 52nd just 2 places behind Carlie was Joanne reeves close behind in 35 minutes exactly.



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The team was completed by Pauline Tester in 97th with 39 mins 06 secs.

Other Ilford ladies in action were: Dianne Crisp 133rd 43:23, Frieda Keane 156th 47:42, Julia Galea 158th 48:18 and Launa Broadley 168th 51:40

In the match Ilford finished 10th and are in the same position in division 1.





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