



ESSEX CROSS COUNTRY LEAGUE

Hilly Fields, Colchester

Saturday 16 December

The latest round of the Essex Cross Country League was held at Hilly Fields on a course that contained a variety of surfaces from firm trials to swamp like grass. Ilford AC put out teams in most of the age categories, which considering the location and proximity to Christmas represented a good turn out for the club.

First race of the day was the U13's, held over a 3k course.

Barney Perkins was the first club member home in 11 mins 45 secs for 20th place, followed by Khalif Ali in 12 mins 28 secs for 44th place.

The U15's race was held over a slightly longer 4k course and Ilford AC had 4 runners representing the club. Sam Horsley ran a superb race to finish a very close 2nd place in 13 mins 19 secs. Ryder Islam continued his successful winters racing coming home in 27th place in 15 mins 36 secs, closely followed 3 places later by Aron Berhe in 15 mins 49. Completing the team was Jayden-Kyle McDermott in 18 mins 36 secs for 67th place.

Next up was the U17's, who raced over a 6k course.

Ilford AC had 2 runners in this category, Samuel Crane came home in 14th place in a time of 21 mins 23 secs, and was closely followed by Aaron Hick just one place and 25 seconds later.

The Senior ladies race was over 7 km and was won by Khahisa Mhlanga who was guesting in the race, who recently won a bronze medal in the mixed relay and the European Cross-Country Championship, in 22 mins 39 secs. She was followed home by another medal of the Great Britain team at the European Championships Lizzie Wellsted of Colchester Harriers, who had been a member of the gold medal winning team in the U20 category.

Ilford Ladies only fielded 3 ladies on the day with Jordan Hinds being their first finisher in 22nd place with 27 mins 10 secs. Anna Crawley came home 52nd in 31 mins 16 secs and Dianne Crisp completed the trio placing 115th with 37 mins 56 secs.

On the day the ladies finished 10th in the Senior table and remained in 10th place in the top division.

The Ilford men fielded 12 runners and were led home by Tom Gardner in 32nd place with 28 mins 17 secs over the 8km course. Next over the line was Josh Adler, who is improving with every race, in 68th spot in 30 mins 08 secs and Malcom Muir put in his usual determined effort to finish 81st with 30 mins 37 secs. Dylan Harrold was 93rd in 31 mins 18 secs, Sam Rahman 118th in 32 mins 18 secs and Berekhet Berakhy completed the scoring team in 32 mins 22 secs for 120th.

Also running, and putting in good performances over the challenging course were: Seb Parris (128th 32.54) Dan Holeyman (151st 33.49) Neil Crisp (159th 34:08) Steve Horsley (207th 37.37) Andy Catton (234th



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39.22) and Jim Tilbrook (267th 49.13)

On the day the men placed 8th in the fixture and sit in 7th place overall in the winters Division 1 league





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