



Press Report 9th January 2024

ESSEX CROSS COUNTRY CHAMPIONSHIP

Gloucester Park

Saturday 6 January

The 2024 Essex Cross Country Championship was held in Gloucester Park Basildon over a wet muddy hilly course comprising several laps.

First race of the morning was the U13 girls and boys who ran over an approx. 3.1k course.

For the boys, both Khalif Ali and Elias Furreedan ran strongly for 40th place in 14 mins.34 secs and 58th place in 17 mins.51 secs respectively.

For the girls Hawaaa Patel, on very limited training, ran well for 17 mins. 21 secs earning her 39th place.

All 3 of our U13's were making their Championship debuts for the club and have a promising future ahead of them.

Next up was the U15 boys running over a slightly longer 4.3k course and the club were pleased to have 5 boys representing the club.

Sam Horsley led the team home for a fantastic 3rd place and a Bronze medal in a time of 15 mins .20 secs.

Sam was well supported by Aaron Berhe in 18th place in 18 mins exactly.

Next up was Ryder Islam who ran well for 22nd place in 18 mins.19 secs. Jayden McDermott was next home finishing 44th in 23 mins.17 secs, with the team being completed by Luke Thake in 45th place with a time of 25 mins.08 secs.

The boys team finished 5th on the day

Ilford AC fielded 9 runners in the Senior Men's event for a 3 lap 12km race.

Jack Nixon led the way for the club finishing 12th in 43 mins 53 secs. One place and one second behind was Alex Richards with Malcolm Muir coming home 63rd in 49 mins 48 secs. Tom Gardner finished 67th with 50 mins 37 secs and Josh Adler was 84th with 52 mins 58 secs. Berekhet Berakhy closed the scoring team in 55 mins 08 secs for 103th.

In the team event Ilford were the 8th club to finish.

Also in action were Seb Parris (109th 55 mins 30 secs) Steve Chissell (140th 59 mins 11 secs) and Steve Crane (200th 68 mins 55 secs)

The senior ladies raced over 2 laps in their 8km event.

Jordan Hinds was the first Ilford runner home in 22nd spot with 38 mins 25 secs while Alison Sale finished 46th in 45 mins 05 secs and Dianne Crisp finished in 70th in 50 mins 40 secs.



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Frieda Keane was 79th with 57 mins 41 secs and Julia Galea completed the squad in 81st with 58 mins 40 secs

The Ilford ladies finished 10th in the county team competition.



















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