



National Cross Country Championship

Shropshire

The 2024 National Cross Country Championships were held this year at Weston Park Shropshire.

The men's race consisted of a really tough, hilly 3 x 4k laps.

Only one Ilford athlete was prepared to put themselves up against the best cross country runners in the UK, and that was Jim Tilbrook who was very pleased with his time of 1 hour 12 minutes and 58 seconds which placed him 505th on the day





Valentines Park 5km (ELVIS)

Ilford

The concluding race of the 2024 ELVIS series was held on a flat fast course in Ilford's Valentines Park.

Ilford entered a remarkable 31 runners, which resulted in both our men's and women's teams gaining 1st place on the day

First home for the men was Samuel Crane in 3rd place with a time of 17:10, Josh Adler came in very soon after in 17:36 for 6th place and Chris King was in 9th and 2nd Senior Male with 17:46.

In 11th, 12th and 13th place respectively were Stephen Philcox 17:49, Malcolm Muir 17:59 and Bereket Berakhy completing the scoring team also recording a time of 17:59.

These 3 were also 1st, 2nd and 3rd in the M50 age category on the day.

With 6 runners in the top 13, all recording a sub 18 minute 5k, it truly was a great day at the office for Ilford's men, finishing 1st on the day and 2nd in the final league table

Leading the ladies home was Jordan Hinds, placing 5th female on the day in a time of 20:23. Jordan was backed up by Gemma Ellender in 11th place for 22:02, Leila Lauder in 12th place in 22:07, Carlie Qirem in 18th in 22:52, Breege Nordin in 20th in 23:47, which placed her first VF60, with Alison Sale completing the women's team of 6 coming home in 24:29 to claim 26th place.

A very good day for the ladies, claiming their first victory of the 8 match season and securing 4th place overall for the

As well as the first, second and third M50 winners and first FV60 winner, Ilford AC also picked up the following prizes on the day:-

1st, 2nd and 3rd M60 prizes - Neil Crisp 28th 19:33, Dave Thomas 40th 20:13 and Steve Chissell 42nd 20:28

2nd VM70 - Andy Catton 88th 23:25

2nd VF60 Pauline Tester 110th (29th female) 24:52.

With the season reaching its conclusion, the following prizes will be awarded at next month's awards night, with results based on the individuals best 6 of the 8 races:-

Stephen Philcox - 1st VM50



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Danny Holeyman - 2nd VM50

Steve Chissell - 1st VM60

Neil Crisp - 2nd VM60

Dave Thomas - 3rd VM60

Andrew Catton - 1st VM70

Dianne Crisp - 2nd VF60

Iford's other runners on the day were:-

Ryder Islam 26th 19:25, Samuel Joseph 33rd 19:45, Tarik Qirem 51st 21:28, Adam Coals 57th 21:49, Aron Berhe 59th 21:57, Stephen Lacey 61st 21:55, Leila Lauder 65th 22:07, Stephen Crane 84th 23:03, Anthony Young 87th 23:23, Dianne Crisp 158th 28:19, Fabrizio Stefanoni 175th 29:35, Launa Broadley 188th 31:18 , Julia Galea 196th 31:57 and Renee Chissell 203rd 33:07



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