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ESSEX CROSS-COUNTRY LEAGUE

Gloucester Park, Basildon

Saturday 26 October

The second round of the Essex Cross-Country League was held over the usual challenging course in Gloucester Park Basildon using a 3km lap which featured two stiff climbs. There was a good turnout from Ilford AC with encouraging results

The Senior Ladies race was over a shortened lap with 3 circuits totalling 7km.

Ilford had 9 runners in the race and were led home by Jordan Hinds in 23rd spot with 32 mins 05 secs.

Supporting her were Alison Sale with 69th spot in 38 mins 15 secs and Bree Nordin 82nd and 2nd in the F65 category with 39 mins 52 secs.

The scorers were completed by Pauline tester placed 92nd in a time of 40 mins 58 secs. Also in action were Shahnaj Begum (102nd) Dianne Crisp (112th) Frieda Keane (125th) Launa Broadley (129th) and Julia Galea (130th)

In the league Ilford compete in division 2 and were placed 3rd in the match and are 2nd in the current table.

In the senior mens 9 km 3 lap race Ilford fielded an impressive 18 men.

First home for the club was Tom Gardner in 40th recording 31 mins 30 secs. Next over the line was Malcolm Muir in 59th in 32 mins 31 secs with Manuel Vigo 61st with 32 mins 15 secs. Steve Philcox placed 69th and was the 2nd finisher in the M55 age group with 33 mins 9 secs with Dylan Harrod 74th recording 33 mins.30secs. Josh Adler was the final scoring finisher for Ilford in 89th spot with 33 mins 54 secs.

In the division 1 match the club were 6th and are 7th in this winter's table.

The rest of the Ilford squad were: Chris King (101) Seb Parris (17) Neil Crisp (128) Dan Holeyman (135) Bradley Brown (159) Terry Knightley (164) Steve Chissell (191) Alan Pearl (211) Jim Tilbrook (222) Andy Catton (228) Tony Young (250) Rob Sargent (262)





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Juniors

8 Ilford youngsters took on the tough hilly course at Basildon's Gloucester Park.

In the U11s race , which had a massive field of 86 youngsters , Danilo Reina and Ewan McKinstry continued their great recent form to finish in 39th (6.36m) and 50th (6.40m) respectively. Excellent performances on such a tough course

The U13 Boys race saw talented athlete Khalif Ali put in a solid battling performance (on very little training) over the 3.3k course finishing in a 12th place (12.20m) followed by another excellent run from teammate Elias Furreedan , who continued his recent fine form, completing the course in 48th position (14.40m) in another large field of 82 athletes .

Debutant Hashim Khan unfortunately could not finish following an injury sustained on one of the tough hills

Lone U13 girls representative D.L. Majen-Akande produced another outstanding performance to finish in 38th place (15.31m) to continue her recent great form

The U15boys 4km race saw Barney Perkins run a really competitive race finishing in 24th place (17.16m) in a



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large field of 83 competitors.

Best battling performance of the day went to U15G Hawaa Patel, who despite being unwell during the 4Km race managed to complete the course in 38th place(22.41m).

In the U17's race Samuel Crane came 9th in a time of 20:18, with Ryder Islam coming home in 14th place in 21:32

Well done to everyone on producing such good performances in the 2nd Essex X Country league fixture and on such a tough course





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Sapiston 10k Trail Run Report



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Ilford Runner Finishes Strong

Ilford Athletic Club's newly retired member, Ray 'Sparra' Everingham, made a triumphant return to the trails, completing the Sapiston 10k in a respectable time of 1:18:35.

Despite facing stiff competition from a field of 80 runners, the Ilford athlete secured 58th place overall, earning the title of the first Ilford runner to cross the finish line.

The 10.8k race, organized by Run Beckland, took participants through the scenic Suffolk countryside, challenging runners with its varied terrain.

The Ilford runner's performance showcased his endurance and resilience, proving that his recent retirement from work doesn't mean the end of their athletic career.



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