



## **ESSEX CROSS COUNTRY LEAGUE**

Hilly Fields, Colchester

The third round of this season's Essex League was held at the appropriately named Hill Fields on the edge of Colchester

Ilford AC had 15 senior men and 5 senior women competing, which considering the location and proximity to Christmas represented a good turn out for the club.

The men raced over an 8.5km course and leading the team of 6 home was Tom Gardner in an impressive time of 27 mins 20 secs for 16th place.

The team places were completed by Joshua Adler 57th in 29 mins 33 secs, Manuel Vigo 63rd in 29 mins 40 secs, Stephen Philcox 69th in 30 mins 02 secs, Malcolm Muir 103rd in 31 mins 44 secs and Richard Morris 116th in 32 mins 17 secs.

The men placed 8th overall and this is the same place they hold in division 1 of the league

Backing the team up for the men were Seb Parris 126th 32:44, Danny Holeyman 130th 33:03, Steve Chissell 150th 34:35, Terry Knightley 165th 35:16, Bradley Brown 185th 36:28, Alan Pearl 188th 36:35, Jim Tilbrook 220th 39:33, Andy Catton 222nd 39:39 and Tony Young 41:32

The women raced over 7 km, and leading the team home, continuing her good form this season was Jordan Hinds in 15th place in a time of 30 mins 38 secs.

Backing Jordan up was Alison Sale 73rd in 36m 27 secs, Pauline Tester 103rd, in 39m 08 secs, Diane Crisp 120th in 41 mins 51 secs and Frieda Keane 137th in 45 mins 52 secs.

In their division 2 fixture they finished in 3rd place and with other teams results they returned to the top of the league and are one of the favourites to gain promotion back to the top tier.





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