



ESSEX MASTERS CROSS-COUNTRY CHAMPIONSHIP

Epping Forest

The Essex Cross-Country Championships for Masters Athletes, runners over 40, was held in Epping Forest near Chingford. The event was over a very wet and muddy 2 lap course of 8km. Ilford AC had 19 entrants across the age categories and won 3 individual and 3 team medals.

The first race was for all men over 50 and the Ilford team were led home by Fabrizio Stefanoni in an excellent 5th overall and 4th place in the M50-54 group in a time of 32 minutes 30 seconds.

Next home was Steve Philcox who continued his good form on the cross-country with 7th place overall and 2nd in the M55-59 category with 32 minutes 40 seconds to claim a **Silver** medal.

Also racing in the M55 group were Berekhet Berakhy in 6th (33.09) Malcolm Muir 8th (34.03) and Dan Holeyman 14th (35.20).

Jim Tilbrook who shows improved form with very race came home 36th in the M55 event

The team awards are in ten year bands and in the M50-59 Ilford took **Gold** with Stefanoni, Steve Philcox, Berekhet Berakhy and Malcolm Muir.

In the M60-64 race Dave Thomas had a good run to lead the Ilford squad in 4th place in 35 mins 52 secs with Neil Crisp one place behind with 36 mins 27 secs.

Next in was Terry Knightley in 7th recording 37 mins 28 secs and Steve Chissell completed the team in 8th in 37 mins 32 secs.

In the M60-69 team results Ilford were 2nd and Dave, Neil, Terry and Steve took home the **Silver** medals

Alan Pearl placed 5th in the M65 race in 40 mins 04 secs and Andy Catton added another county medal to his collection with a **Bronze** for 3rd spot in the M70+ event with 42 mins 14 secs.

In the ladies race Alison Sale came home a creditable 5th in the F55-59 group in 43 mins 05 secs.

In the F60s championship Pauline Tester, who has had a good year of results, came home 3rd to take the **Bronze** medal with 45 mins 42 secs. She was supported by Dianne Crisp in 9th (51.58) and Frieda Keane 13th (56.07).

Bev Thomas was 7th in the F65 category in 59 mins 45 secs.

Pauline, Dianne, Frieda and Bev combined In the F60-69 team, and Ilford were again on the rostrum taking the **Silver** Essex medals.

There were only two Ilford runners in the M40-49 race. Seb Parris placed 19th (34.55) in the M40-45 group and in the M45-49 category Joel Denning came home 27th (40.16)











Chase The Moon

Queen Elizabeth Olympic Park

On Wednesday night Run-through held its monthly 'Chase the moon' event over Queen Elizabeth Olympic Park.

There were 2 races, over 5k and 10k with Ilford AC being represented with 3 runners.

In the 5k event Gemme Ellender came home in 20:57 which gained her 2nd place in her age grouping and a PB over the distance.

Gemma was followed home by Joanne Reeves in 23:41 which placed her first in her age grouping.



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In the 10k event Anna Crawley placed 3rd in her age grouping in a time of 42:56

Southend 5 Mile Road Rudolph Run

On Sunday a Trio of Ilford AC Members joined over 618 athletes, mostly dressed festively as Elves and Santa's, to compete in the Annual Southend Rudolph 5 Miles Road Race along a windy seafront course.

The First Runner from the club to finish was Terry Knightley in a season's best 32 Minutes and 55 seconds for 18th position and winning the First Male Veteran over 60 prize. Knightley Won this race outright in the first ever edition of the race back in 2011.

This was the day after winning his 87th Essex County Medal at The Essex Veterans Cross-Country Championships.

Following him home was Gemma Ellender in 32nd Position in 35 Minutes and 6 seconds placing her first in the Female Veteran Over 35 prize. It was also a PB over the distance, making it her second PB of the week

Next In was Kim Baxter in 58 Minutes and 18 seconds for 517th place and 6th Female Veteran over 65.

All finishers received a Yuletide Themed Medal that can be hung on a Christmas Tree as a decoration.







London 10k

Queen Elizabeth Olympic Park

Another athlete running for the second time over the weekend was Frieda Keane who ran a solid 1 hr 40 seconds to place 17th in her age grouping.

Backing up Frieda was Shahnaj Begum who came home just after, in a time of 1 hr 1 min 27 seconds



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