



SOUTH OF ENGLAND CROSS-COUNTRY CHAMPIONSHIPS

Ilford AC sent a small team to this yearly championship again held at Beckenham Place Park

The club had two competitors in the U17 men's 6k. Samuel Crane had the highest finish for the club on the day in 97th place in a time of 22 mins 08 secs. He moved through the field well after a slow start. Ryder Islam finished in 140th in 23 mins 57 secs and was disappointed after a good start but has the chance to come back next year and improve his placing.

Leila Lauder was next up competing in the u17 women's race over the same course as Samuel and Ryder. She gained valuable experience finishing in an excellent 103rd place in 30 mins 11 secs.

Jordan Hinds was our only lady in the senior women. Running over a challenging 8k course, she again showed good endurance holding her position to finish in 121st place in 35 mins 40 secs.

Incidentally this was exactly the same position she finished in last years championships

Finally we had four runners in the 15 kilometre men's race. The course was in fact around 1km short on the day but was testing with two hard hills each lap.

Josh Adler showed his winter training is going well as he finished in 58 mins 13 secs for 285th place in a large field.

Next in was Seb Parris with 62 mins 37 secs in 402nd while Steve Chissell placed 484th with 66 mins 49 secs.

Jim Tilbrook completed the squad in 579th spot in 73 mins 47 secs. Jim was over ten minutes faster and over 100 places higher than he finished last year







