



ESSEX CROSS-COUNTRY LEAGUE

Apex Playing Fields, Hockley

Saturday 8 February

The final match in this winter's Essex Cross-Country League at the Apex Playing Fields in Hockley over an extremely muddy course which also featured hills and water hazards.

It was a good day for the senior ladies of Ilford AC who won this fixture and the division 2 title and will be back in the top tier again next season. Jordan Hinds was their lead athlete with a fine run for 16th place in 30 mins 07 secs for the 6.6km course. Backing up were Anna Crawley in 31st spot with 32 mins 04 secs and Alison Sale in 61st with 35 mins 43 secs. Pauline Tester closed the scorers for the victorious squad with 37 mins 16 secs. The team also fielded Dianne Crisp (88th) Frieda Keane (110th) and Launa Broadley (117th)

The Ilford men competed over a longer 8km course with Josh Adler, who is in great form at the moment, in 37th in 34 mins 11 secs being the first home for the team, with Dylan Harrod next home in 53rd with 35 mins 07 secs and Steve Philcox 68th in 36 mins 21 secs. Richard Morris placed 83rd recording 37 mins 32 secs with Seb Parris 94th in 38 mins 25 secs and Dan Holeyman completed the scoring team in 101st in a time of 39 mins 24 secs.

The club had another 9 runners in the event: Bradley brown (13th) Neil Crisp (109th) Terry Knightley (11th) Steve Crane (144th) Alan Pearl (152nd) Jim Tilbrook (158th) Andy Catton (17th) Tony Young (184th) Rob Sargent (201st)

In this match the Ilford men placed 7th and finished the season in a respectable 8th in the final division 1 table.

The club also had a number of age group medallists for the season led by Steve Philcox with a gold for the M55 age group. Andy Catton also took gold in the M70 category and the were silvers for Alan Pearl (M65) and Pauline Tester (F60) and bronze awards for Terry Knightley (M60) and Rob Sargent (M70)





VAC - EMAC Indoor Track & Field Championships

Fabrizio Stefanoni was Ilford's sole representative in Eastern Masters Athletics Clubs (EMAC) Indoor Track and Field championships, held last weekend in Lea Valley.

Racing in the 1500m, Fabrizio gave a very good account of himself, finishing in a time of 4 minutes 53.66 seconds, which gained him 8th place on the day and 2nd in his age category