



## Stebbing 10

Sunday 8th November

Hit by illness and injuries Ilford AC were forced to field a weakened squad in the Stebbing 10 mile road race which incorporated the Essex Championship last Sunday.

First Ilford man home on the undulating rural course was Sam Rahman in 19th place with 60mins 04 secs with Steve Philcox next in 30th in 62m 32s, which won him the bronze medal for the M50 category in the Essex championship. Neil Crisp completed the scoring team showing improved form in 36th in 63m 12s and 5th spot in the Essex M50 grouping. The team placed 5th in the Essex championship.

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Robin McNelis came in 55th with 65m 39s, while the ladies challenge was headed by Jenni Sheehan with 72m 49s for 121st overall and 17th in the female race. Mel Jones returned her best time for over 10 years as she recorded 75m 02s for 149th in the main race, 25th female and 4th in the Essex F45 category. The team was closed by Nicola Hopkinson in 82m 21s , which also finished in 5th place.

Rachel Halpin placed 278th overall with 85m 23s and Julia Galea set a new personal best time by 3 and 1/2 minutes of 92m 59s and placed 6th in the Essex F55 grouping. Nicola Chester completed the squad in 96m 58s.

## Chingford League 5km

RedbridgeCycle Circuit

Tuesday 3 November

Ilford AC had 6 athletes running as guests in the third match of this winter's Chingford League as the Club have no entry in the Team competition. The race is over a 3 lap course of the demanding Hog Hill circuit and Sam Rahman had a good run in 30th spot in 18 mins 08 secs, with Rohan Alexander coming home 76th with 20m 27s. Ed Skinner placed 149th in 24m 33, while Rob Sargent was 161st with 25m 14s. Best for the ladies was Rachel Halpin in 26m 12s for 169th and Nicola Chester finished 188th with 28m 31s. There were 212 finishers.