



## **Chase the Sun 5k**

*Londons Olympic Park*

Wednesday 13th September

The chase the sun series came to its conclusion for the Summer at Londons Olympic Park on Wednesday evening. The event so called because of its late start and challenge to finish before the sun goes down has proved to be a popular series and 250 runners lined up for the 5k race.

Ilfords **Carlie Qirem** came in at a time of 25:17 for 77th place.

## **Descente London Duathlon**

*Richmond Park*

Sunday 17th September

The Descente London Duathlon is a bike-run-bike event offering athletes the chance to race around the beautiful surroundings of Richmond Park on completely closed roads.

Once again Ilfords **Carlie Qirem** was in action for the challenging event. Carlie run the first leg, a 10k run in 50:54, then on to a challenging bike ride with 1450m of elevation gain in 1hr 31 mins for 44km then a 5k run in 25:07.

Carlies overall time, including transitions was 2:52:07 which completed a good week for her.

## **Ingatestone 5**

Sunday 17 September

There a small squad of runners from Ilford AC in the field of over 150 for the 33rd staging of the race which was run on rolling countryside just outside Ingatestone.

Conditions were ideal, dry and cool with little wind.

First home for the club was **Dennis Briggs**, who continues to improve his form with a personal best of 34 minutes 31 seconds in.36th place. He was followed home by another of the team's improvers, **Tony Young**, in 71st in 38 mins 26 secs, a new best time for the distance.

A third Ilford runner with a personal best was **Natasha Mansouri** in 137th with 48 mins 11 secs.

**Adnan Karim** recorded 40 mins 54 secs in 92nd despite feeling under the weather, and the squad was completed by the evergreen **Pam Jones** with 51 mins 47 secs



## Ilford AC Press Report. Monday 18th September 2018

This charity race has strong links with Ilford AC, being founded by Ilford Legend Howard Williams to raise money for Ingatestone Boys Club.

Sadly Howard died earlier this year, and a 30 second applause was held in his honour before the race started.

Ilford honour Howards legacy each year, by providing a team to administer the 'on the day entries' and results service.

Special mention therefore for their help to Steven Gilson, Declan Cullen, Gary Floate, Sally Gillam, Martin Clarke and Billy Green

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