



## **Running**

This week Ilford athletes push their own personal limitations and it 'reigns' rewards.

### **Crown to Crown 5k**

Langdon hills, Basildon

*Wednesday 5th Sept*

Last race of this year's popular off road 5k series hosted by Pitsea Striders. The 5k course has a reputation for being one of the toughest around and in particular the finish which is located on a grassy meadow which can only be reached via a long gruelling steep uphill slog! Gary Coombes was the sole Ilford runner and in slightly wet conditions ran very well to secure 3rd place in 18:18. In fact the first 3 runners were unchanged from the previous race held in August.

### **Essex 10km Cross Country Series**

Weald Park

*Saturday 8th Sept*

Weald Park was the location for the last in the 6 race summer xc series. The circuit was a 3 lap, 2 mile loop that took runners on an undulating course through the forest and surrounding grassy areas.

Once again Gary Coombes was the sole Ilford representative and his regular hill training sessions seemed to pay off as he finished the race in 3rd place in 36.14 - also bagging the first V40 prize.

### **Parkrun**

Vancouver

*Saturday 8th Sept*

While visiting Canada on her holidays, running technique coach Sharon Honey became a parkrun 'tourist' and took part in the 5km run through Richmond Olympic park in Vancouver. She ran strongly to finish 27th in 25.30 and bagged 6th woman home in the process.



## **Harlow 10**

Mark Hall Sports Centre

*Sunday 9th september*

This is a popular fixture with club member's year in year out. A good days racing was in the cross hairs for 10 Ilford athletes. They didn't disappoint with five of the team recording new personal bests, some by a country mile too! Perfect overcast conditions faced the runners if a little windy. The ten mile figure of eight course had a few stinging hills at mile five and seven but the pleasure of a fast track finish. Ilford's good fortunes began with Seb Parris leading them home for 12th spot in 63.17. Danny Holeyman sped in for 10th V40 in 24th spot with an incredible 67.12 (PB number one and by nine minutes). Alan Pearl's good running form continues to be paying off as he took 54th place and 8th V50 in 73.58 (PB number two and by 6 minutes). Carlie Qirem ran outstandingly well clocking 76.42 (PB number three and by over ninety seconds) and bagging 2nd senior female on the day. Next home and debuting at the distance was Adnan Karim. Picking up speed in the final five miles for a commendable 83.38 and 134th place. Satha Alaga ran well for 187th in 91.08. Julia Galia looked very composed when finishing and picked up a seasons best in 95.03 for 212th spot. Freida Keane was hot on her heels and looked like she had a very strong finish clocking 97.40 (PB number four and by a minute) for 225th place. Next up placing 264th and having a super year of running, with multiple bests being smashed, was Launa Broadly in a brilliant 104.44 (PB number five and by 3 minutes). Natasha Mansouri also debuting at the distance had a fine race for 289th and a strong finish time of 110.21. Ilford AC had some very energetic performances on a good day!

















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## Great north run

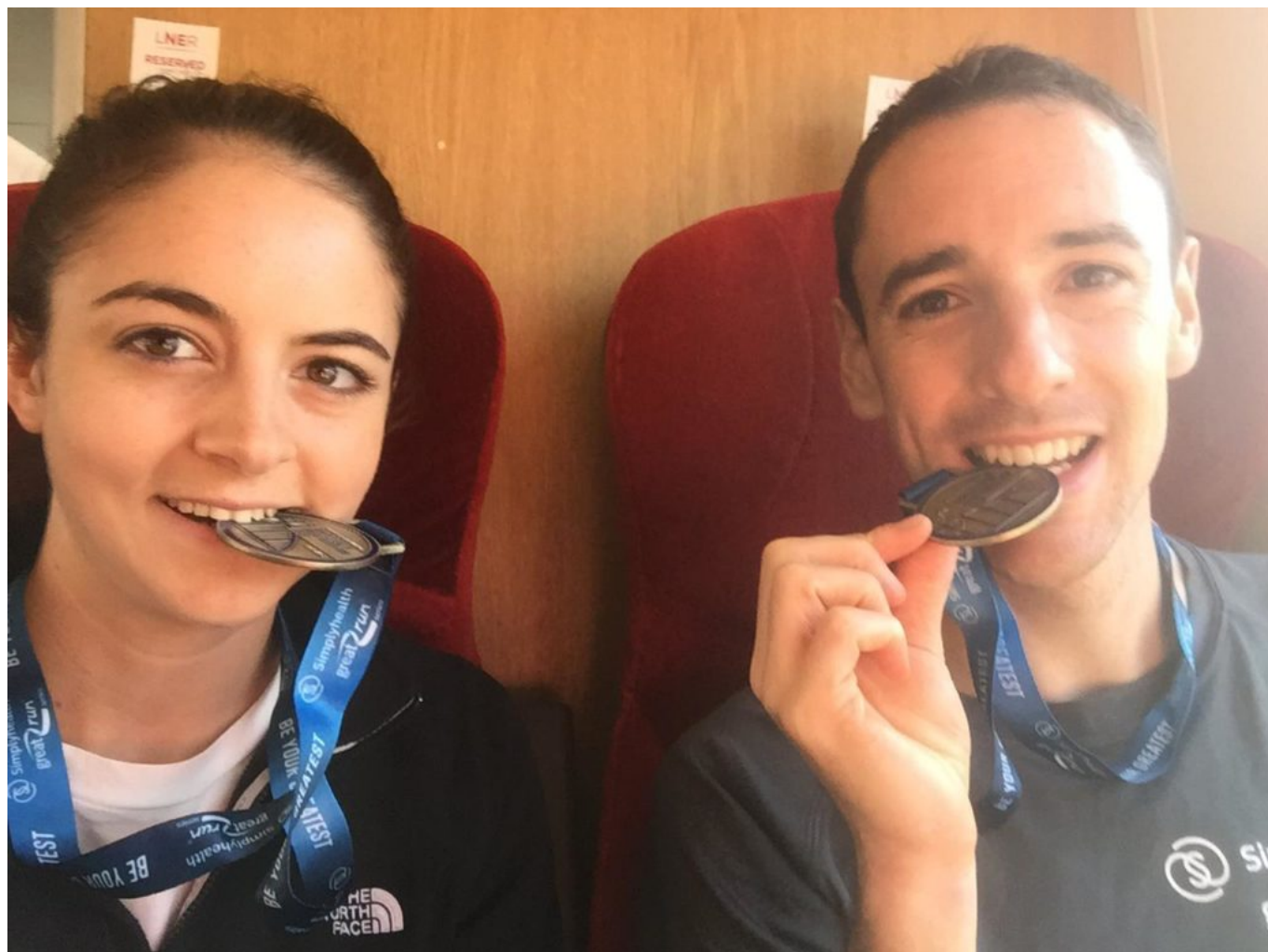
Newcastle

*Sunday 9th Sept*

43,000 runners attempted the 13.1 mile event, which stretches from Newcastle to South Shields. Among the celebrities taking part were singer Olly Murs, news presenter Sophie Raworth and model Nell McAndrew. Ilford AC put forward three of their own stars to this list. Great north run regular Anthony Young and Family duo John and Anna Crawley.

The weather was warm and the hills were... hilly. After the first few miles in to the race, both John and Anna knew it wasn't going to be their day for a pb as the long drags were relentless so they slowed a little and tried to enjoy the race. John Crawley came home in an impressive 1.31.47 for 647th spot. Antony clocked his 2nd faster course time in 1.51.28 for 4854th.

While Anna finished in 2:03:27 for 9901st.











## **World Masters Athletics**

Malaga

*Sunday 9th September*

The 23rd World Masters Track and field Championships are taking place in Malaga on the Spanish Costa del Sol. These championships also feature road races, walks and cross country.

Rob Sargent of Ilford Ac competed in the 8km cross country over a 4 lap tough stony course coming home 57th in the M60age group with 43 mins 43 secs and was the 4th Brit to finish.

He was joined in the 10km road race by clubmate Steve Parker on an out and back course from the stadium to the seafront. Both runners were in the M60 category with Parker having a well-paced run to finish 61st in the age group race in 47 mins 25 secs and Sargent showed improved form with 52 mins 32 secs for 75th.

Earlier in the week Ilford second claim member Gerald Daniel ran in the M65 300m hurdles semi-finals. He finished 5th in ht1 and recorded 57.23 secs, the 11th fastest time, but was not a qualifier for the final.

## **Race Walking**

### **The 3000m Woodford Walks series**

Ashton Playing fields

*Tuesday 4th Sept*

Ilford AC were crowned team champions in this final meeting of the four race series without needing to field a team. Cracking previous performances from Stuart Bennett, Mark Culshaw, Rachel Lawless, Mick Barnbrook, Dave Ainsworth and Lesley Morris had secured an unassailable 1st team lead that couldn't be caught prior to race four taking place. Excellent and consistent results from Stuart Bennett meant he placed third in the overall individual standings.