



## **Ingatestone 5**

*Sunday 23rd September 2018*

Ilford AC sent a team of 8 runners to the 34th running of the Ingatestone 5, half of whom impressed with personal best performances.

The race took place during a very heavy downpour on a challenging course starting from the Anglos-European school in Willow Green, taking in Fryerning and a challenging Beggar Hill before heading back to the finish at the back of the school.

First home for Ilford, continuing to find form after an injury layoff, was Malcolm Muir in 9th place for 29:24. Malcolm also placed 3rd in the V40 category on the day.

Second home, and the first of the personal bests, was Danny Holeyman with a very impressive time of 31:43 for 25th place.

Third home and completing the men's scoring team on the day was Bradley Brown coming in 54th place for 36:34.

The men's team placed first on the day.

Next two men home, both also achieving personal bests, were Anthony Young in 37:12 for 62nd place and Adnan Karim in 39:21 for 79th place.

The men's squad was completed by Ernie Forsyth coming in at 39:59 for 84th place.

Two ladies represented Ilford AC on the day. First home was Freida Keane who has had a very impressive summer, who came home in 122nd place for 45:44 and the fourth personal best of the morning.

Next home was Carol Muir with a solid run of 50:27 for 135th place.

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 passed away last year, but nevertheless every year a willing team of Club volunteers keep Howard's legacy by providing a team to administer the on the day entries and results service. Special mention therefore goes to the team of Martin Clarke, Andy Catton, Carlie Qirem, Julia Galia, Gaye Young, Satha Alaga, Declan and Ethne Cullen, Satha Alaga and Billy Green





































## **RACE WALKING**

### **Full Set (Gold/Silver/Bronze) for Ilford's Walkers**

#### **Enfield League One Hour race**

Lee Valley

*Saturday 22nd September*

Ilford's walkers contested the annual Enfield League One Hour race at Lee Valley track on a cold and rainy Saturday afternoon. They were led home by Mark Culshaw who in the 60 minutes' period had the kudos of bettering 10,000 metres – by one metre as he covered 10,001 metres to claim 4th place in the men's race. In 10th spot, with 9,017 metres under his belt, came stalwart Dave Kates, who had just returned from competitive action in a much warmer Spain. Veteran Bob Dobson was 20th with 8,271 achieved. Ilford's women really set the track alight as all 3 recorded intermediate personal bests as they sped through 3,000 metres, 5,000 metres and 5 miles on route to their final totals. Emma Dyros was 4th with 9,475 metres, Rachel Lawless 8th on 8,760 metres and Lesley Morris 10th having recorded 8,540 metres.

In conjunction was an Essex County Championship, where gold medalist Dave Kates was 1st Essex man home and Bob Dobson 3rd Essex man so collecting a bronze award. The women's race saw Emma Dyros claim silver, with near neighbour Melanie Peddle of Loughton AC taking gold.

## **SWIMMING**

### **Serpentine Swim**

*Saturday 22nd September*

Thousands of swimmers took to the water at Swim Serpentine in Hyde Park's famous Serpentine Lake.

Now in its third year, a record breaking 6,000 people of all ages and abilities entered this inspirational open water swimming event that includes half-mile, one-mile, two-mile and 'Super Six' swims. The temperature was about 17 degrees so pretty challenging for the swimmers.



Two Ilford ladies, Nicola Hopkinson and Carlie Qirem, took part in the 2 mile swim.

Nicola Hopkinson was first home with a very strong swim of 1:09:30 followed by Carlie in 1:46:37.

Carlie was particularly emotional at the end as swimming is by no means her strongest discipline and she was physically and emotionally drained at the end.

However her participation meant that Carlie earned the 'London Classics' medal which is awarded to anyone who completes the 3 disciplines of Running, Riding and Swimming the London Marathon, Ride 100 and Serpentine Swim.









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