



Metropolitan League Cross Country

Claybury

Saturday 13th October

Ilford's Tom Gardner opened his account for the start of the X country season at Claybury, with a solid run on a 3 lap course.

After 2 laps Tom was laying in the 29th place, but not being race sharp yet he slipped back on the final lap to 35th in 28-09.

Two other Ilford athletes guested in the race, Gary Coombes finishing in 30:47 for 119th place and Trevor Robinson who came in on 43:37 for 453rd place

TIPTREE 10

Sunday 14th October.

Sunday morning saw the running of the 2018 Essex 10 mile Championship incorporated into the Tiptree 10 mile road race.

The race was held on quiet rural roads around Tiptree but contained a couple of testing hills towards the end of the course. Ilford AC sent a squad of 13 runners, 6 of whom returned with a personal best over the distance.

The Ilford team were led home by Gary Coombes in 13th place and first pb of the morning in 58:56 Next home for the club was Malcolm Muir in 16th spot with 60:11 and the team scorers were completed by Steve Philcox in 27th in 61:32. Steve finished 2nd in the M50 group and took home a silver county medal.

Danny Holeyman was the next Ilford man to finish in 65:20 for 47th spot to complete a remarkable 5 pbs in his last 5 races.

The mens squad was completed by Alan Pearl 102nd 73:19 pb, Stephen Parker 139th 66:24 and Tony Young 165th 80:05.

The ladies squad was led home by Breege Nordin with a return to form in 132nd place for 75:59. Not far behind was Carlie Qirem who clocked up another impressive run for the season for 143rd place and a new pb time of 76:35, with Julia Galea completing the squad in 289th and 92:45.

Next two ladies home Alison Sale and Frieda Keane both recorded new pb's over the distance, Alison by an incredible 10 minutes. Alison was 302nd for 95:03 followed by Frieda in 96:55. The ladies squad was completed by Launa Broadley who came in at 109:47 for 388th place





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Royal Parks Half Marathon

Sunday 14th October

The Royal Parks race a spectacular Half Marathon in central London – the first and only one of its kind. The stunning 13.1 mile route takes in the capital's world-famous landmarks on closed roads, and four of London's eight Royal Parks – Hyde Park, The Green Park, St James's Park and Kensington Gardens. Sunday's race was held in pouring rain which made for a difficult race. Despite this Julian Fabian put in an excellent performance to record 86 mins 59 secs for 220th place and a new pb at the Half Marathon distance.

Also running was Peter Spelman who finished in 1:56:59 to come 44th in the V60 category. Peter was very pleased with his negative split which meant he was able to achieve his target of a 'sub 2 hour' half.



The Cabbage Patch 10-mile race

Sunday 14th October

The Cabbage Patch 10 is one of the flattest, most scenic, ten mile races in the country and almost as old as The London Marathon.

Starting in King Street, Twickenham, the route crosses the Thames at Kingston Bridge and Richmond Bridge, runs along the Riverside to finish on the drive in front of the York House Civic Building in Twickenham. Previous winners include Mo Farah.

This year Ilford's sole entrant was Doris Gaga, and whilst not emulating Mo Farah, Doris still finished in a very credible 94:21 for 919th place.

WALKING SECTION

Enfield Walking League

Lee Valley

Saturday 13th October

FINE PERFORMANCES IN FINE WEATHER

Ilford sent a team to contest the 10th, and penultimate, race in the 2018 Enfield Walking League on Saturday afternoon at Lee Valley Athletics Centre. The 5 miles' road race was held in warm Autumn sunshine, and it was former Scottish international Stuart Bennett who showed best, as he claimed a high 5th position in a classy men's race clocking 48 minutes and 28 seconds, being under pressure throughout but able to pull away from near rivals in the closing stages. Next home was Mark Culshaw who deserved praise for making the start line, let alone the finishing post, as he turned out while suffering from a bug, having done so to gain team points. He was rewarded with a 50.39 timing which secured him 7th spot. In 10th came stalwart Dave Kates with a sound 54.13 clocking, while veteran Bob Dobson closed home the Ilford contingent in 19th position with 59.03 on the stopwatch.

The ladies race saw Rachael Lawless 8th and Lesley Morris 9th recording 56.03 and 57.04 respectively. It was a red letter for both as they gained personal bests with Lawless beating



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the hour for this distance for a first time.