

## Essex League

Hockley

27th October 2018

### SENIOR WOMEN

Seven ladies from Ilford AC took part in the Senior women's race, which was their first race back in the top division after promotion last season.

Leading the ladies home, in her first ever cross country run for the club was Amy Bird who finished in a very good time of 30:54 over the 6.6k distance for 38th position.

Backing Amy up to complete the scoring team of 4 was Breege Nordin in 32:03 for 51st, Carlie Qirem in 32:20 for 54th and Nicola Hopkinson in 34:15 for 74th. On the day this was enough for 9th position

Also putting in good runs for the ladies on the day were Anna Crawley 35:40 82nd, Sharon Honey 35:59 86th and Launa Broadley 44:09 116th











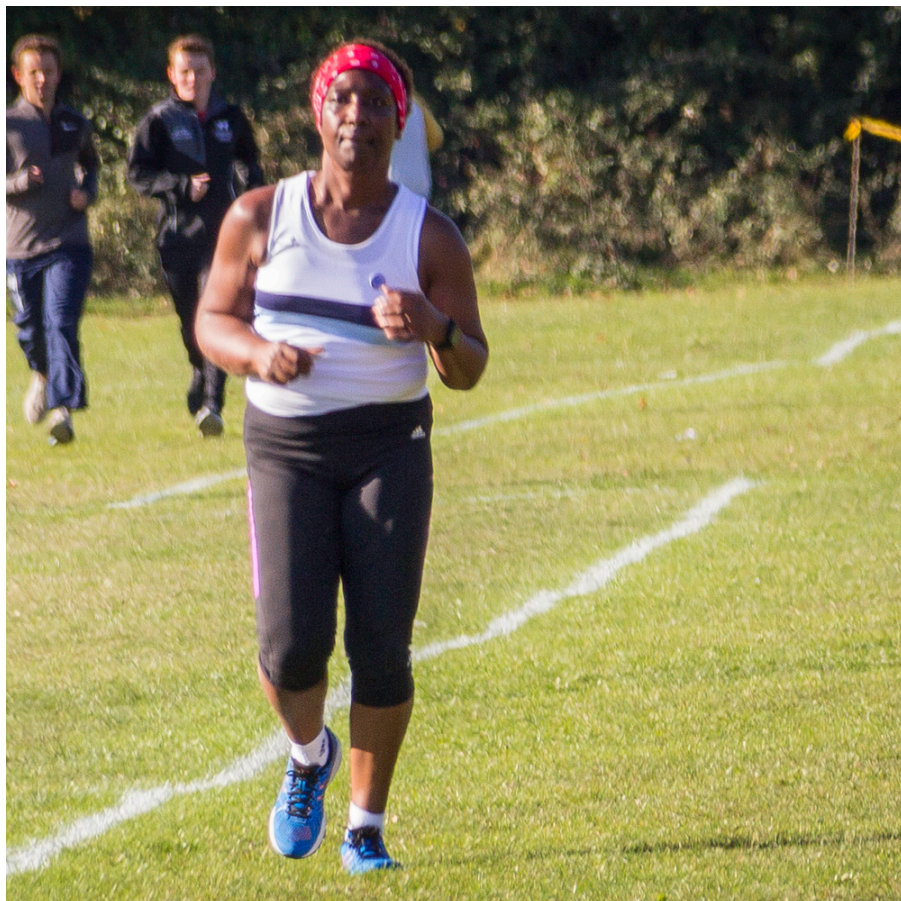




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## **SENIOR MEN.**

Final race of the day was the Senior men, held over a 8.8km course.

Although fielding 11 runners, Ilford AC were slightly under-strength on the day.

First Ilford runner home on the day was Tom Gardner with an impressive 9th finish for a time of 31:23. Tom was very closely followed in 12th place by Alex Richardson in a time of 31:46. Paul Holloway, returning from injury was next home in 34:46 for 58th followed by Seb Parris in 36:07 in 78th position. Completing the scoring for the men's team of 6 was Andy Catton in 40:14 for 128th and Alan Pearl, making his debut for Ilford at Cross country, who finished in 154th position in a time of 42:12.

The men's team finished in a very credible 7th position on the day of the 25 clubs who entered.

Backing up the scoring runners, all putting in fine performances over the hills of hockley were Anthony Young 44:02 166th, Trevor Robinson 45:55 182nd, Henry Ricketts 51:16 204th, Ray Sparra Everingham 57:04 215th and James Huddart 64:50 217th.





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## **Big Punkin 5k**

*Greenville, South Carolina*

Saturday 27th October

On an autumnal Saturday morning perfect for running the 14th Runfest was held in Greenville , South Carolina was held. The event is 5 races ranging from the marathon to the 1 mile childrens run. Ilford AC endurance coach was on his annual visit where he guest coaches the local track club on their midweek workouts, took part. He ran in the Big Punkin 5km as he has been bothered by a knee problem since the World Masters Championship in Malaga in September. With Greenville being in the foothills of the Smokie Mountains the courses are always challenging and Rob was pleased to record 28 minutes exactly to finish 60th in a field of 551. This result earned the 3rd place award in the M60-64 age group.

## **Amsterdam Marathon**





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*Sunday 21st October 2018*

Last weekend Julia Galea competed in the Amsterdam Marathon.

Julia had worked hard in her training with her goal being a sub 4:30 marathon.

On the day everything went to plan and Julia was pleased with her time of 4:25:15 which placed her 15th F60 on the day.









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