



## CHINGFORD LEAGUE

Redbridge Cycle Circuit, Hog Hill

*Tuesday 6 November*

The second race of this winter's Chingford League was held at the Redbridge Cycle Circuit over the usual challenging circuit, which slows times.. There were six runners from Ilford AC in action, running as guests or for their second claim club and gave some impressive performances.

Gary Coombes showed good form coming home 13th in 18 mins 17 secs, with Seb Parris giving a storming run for 23rd with 18 mins 53 secs. Alan Pearl was 89th in 22 mins 26 secs and Tony Young crossed the line in 24 mins 04 secs for 115th. Trevor Robinson recorded 24 mins 51 secs for 121st and Jim Huddart, who is in the M70 age category , was pleased to record 32 mins 06 secs, an improvement on 4 minutes from the October fixture for 152nd.



## ESSEX CROSS-COUNTRY LEAGUE

One Tree Hill, Basildon

*Saturday 10 November*



## Press Report. 13th November 2018

Round two of the 2018/19 Essex League was held on One Tree Hill, Basildon on Saturday on a fine autumn afternoon.

The senior ladies raced over 6 km on a course with varying surfaces; gravel paths, grass and forest trails.

The Ilford squad were led home by Bree Nordin in 47th place in 31 mins 58 secs with Carlie Qirem a couple of places behind with 32 mins 15 secs. Next home was Alison Sale in her first country outing for the club in 81st in 35 mins 37 secs. Pauline Tester recorded 37 mins 10 secs for 95th and Sheila Sinclair completed the squad in 121st spot.

On the day the Ilford team finished 9th in division 1 and maintain that position in the table after 2 matches.

The senior men of Ilford turned out 13 runners for their 8.5 km race and Tom Gardner led them home in 19th in a strong field in 28 mins 55 secs. Paul Holloway came home 62nd in 31 mins 39 secs and the improving Seb Parris was 75th in 32 mins 03 secs. Stevie Philcox recorded 32 mins 16 secs for 80th and Dan Holeyman was 115th with 34 mins 37 secs. Phil Davis came home 119th on his club debut in 34 mins 58 secs to complete the scoring team

Also in action for the club were: Andy Catton (139th 36.30) Alan Pearl (163rd 38.42) Steve Parker (178th 40.17) Steve Cheal (198th 42.18) Trevor Robinson (201st 42:38) Henry Ricketts (214th 45.36) Ray 'Sparra' Everingham (230th 53:37) Jim Huddart (232nd 58:17)

In the match the Ilford Men came home in 9th place and are 7th in the league table

Four Ilford youngsters also made the trip to One tree Hill, and although unable to field a scoring squad some fine individual performances were achieved.

In the U17M race, also held over a 6k course, Mungo Prior battled hard for an 8th position in 23:35 with Bradley Deacon following closely behind for a time of 24:27 for 15th place.

In the U20W race held over 5k Jordan Hinds ran well for 21st place in a time of 22:49.

There was also the one Ilford runner in the U15M race with Ryan Holeyman running an impressive 17:06 for 24th place on the 4k course which completed the father and son team as his Dad ran for the Senior men on the day.

On a lighter note Seb Parris was given a bottle of 'Beardo' Ale after the race for having the best beard at the club!

























## WALKING SECTION

### *2nd Team in Good Company*

Ilford AC contested the 92nd Enfield Open 7 Miles' Walk at Lee Valley Athletics Centre on a pleasant sunny Saturday afternoon with a gentle breeze. First home in the men's race was Mark Culshaw who, it must be said, walked a well-judged race as he claimed 7th place in 67 minutes and 58 seconds. In 8th spot came Stuart Bennett in 68.01, making that position as he had the strength to mount a late sprint to see off chasing rivals. Dave Kates defied a back injury to appear and accordingly took it steady, clocking 75.35 to finish 16th. The ladies race saw Emma Dyos, 4th in 69.26, put up a great show to stake her place in the frame, but was narrowly overtaken by Essex Champion Melanie Peddle (Loughton AC) with just over a mile to go. Rachael Lawless, 8th in 76.24, made her debut at the distance and aimed for a 12 minute miles pace, which she bettered by a minute! Lesley Morris kept driving to earn her 9th spot by overtaking some well-established race walkers to clock 78.01.

The team race, which counted scorers from both genders, saw Ilford AC 2nd behind hosts Enfield & Haringey AC. Stuart Bennett won the over 60s veterans prize.



