



## **Essex 20 mile Championship**

Rochford

Sunday 3 March

The Essex 20 mile championships returned to Rochford for the first time in 12 years and a squad of 10 from the endurance group at Ilford AC entered as preparations for forthcoming spring marathons. On a drizzly blustery day the conditions were not ideal but the team returned good results.

The Ilford squad was led home by Sam Rahman, who will be running his marathon in Rome, in 64th place in a controlled 2 hrs 10 mins 21 secs, with Seb Parris close behind in 70th with 2 hrs 12 mins 07 secs. Steve Parker came in in 2 hrs 44 mins 56 secs for 218th and 7th in the M60 category. Tony Young completed the lineup for the Ilford men placing 205th with 2 hrs 58 mins 35 secs.

The Ilford ladies were headed by two runners looking for good results in the London marathon. Bree Nordin recorded 2 hrs 35 mins 19 secs to take the Essex title and gold medal in the F55 group as 17th female finisher. Carlie Qirem continued her run of good form as she recorded another personal best finishing in 2 hrs 44 mins 56 secs as 22nd lady. Nicola Hopkinson, who will be running the Boston Marathon, placed 31st female and 4th in the F55 category, in 2hrs 50mins 11 secs. Ilford were the 5th club to finish in the team competition.

Julia Galea recorded 3 hrs 22 mins 39 secs for 297th overall and 7th in the F55 age group, while Anna Crawley ran the distance for the first time finishing 299th with 3 hrs 23 mins 30 secs. The line up was completed by Frieda Keane finishing 311th in 3 hrs 32 mins 22 secs also making her debut at the distance.

Special mention to the supporters who stood out in the wind and rain for over 3 and a half hours cheering on and keeping the Ilford AC runners going when the going got tough, - Malcolm, Andy, Dennis, Tarik and Rob





## **Roding Valley Half Marathon**

Woodford

Sunday 3 March

Two Ilford AC athletes entered the 39th Roding Valley over the usual challenging course Diarmuid Mac Donnell placed well in 17th place with a creditable time of 1 hr 27 mins 04 secs while Adnan Karim came in 282nd with 2 hrs 06 mins 06 secs.



## **Kent Half Marathon**

Sunday 3rd March

Dartford Half Marathon is Kent's longest running half marathon, having run for over 40 years.

The race HQ is located at the Central Park Athletics Track, which also incorporates a brilliant track finish for the event.

On a wet and windy morning Ilford AC had one athlete running, Linda Day, who continued her fine form with a time of 1 hr 51 mins 48 secs for 256th place in a field of over 750 runners.





## Press Report 4th March 2019