



Essex Cross Country Champs

Writtle College

September 28, 2019

Ilford U17 boys went in to Saturday's match with a title to defend, and defend it they did with a brilliant run from all 3 boys to bring back the Essex U17 trophy and Gold medals for the 3 boys.

First off in the 3k Cross country boys race was Bradley Deacon who led by example with a fantastic 11m 07 seconds. Jak Wright put in a very solid middle leg in a time of 10m 55 secs before Aaron Samuels went off on a blistering 10m 02 secs lap to seal the honours for Ilford AC with a lead of 18 seconds over second placed Woodford Green





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Ilford entered 2 Senior men's teams in these 5k Cross Country champs with excellent results. The A team had to settle for 2nd place just 10 seconds behind the winners Havering.

On lap one Paul Grange got the team off to a solid start in 6th place in 16:19.

Tom Gardner just flown in from Malta that morning took us into the lead in 16:16 on lap two.

Mungo Prior on lap three, although dropping one place, still matching the other team members time in 16 :16

This left Ahmed Abdulle to chase the leader on lap four with a blistering fastest lap of the day for 14:45 to place the team second for a deserved Silver medal

There was another excellent performance from Ilford's B team who came 10th overall and 3rd B team on the day.

Solid consistent laps from all the team with Lap one Oscar Peris in 16:54, Lap two Phil Ellu in 17:25, Lap three Gary Coombes in 16:55 and Lap four Malcolm Muir in 17:03



BMAF Inter Area Cross-Country Match

Nowton Park, Bury St Edmunds

September 28, 2019

The annual match between the masters organisations around the country took place at Nowton park, Bury St Edmunds for the second consecutive year on Saturday.



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There were two races; a 6km event for the ladies and men over 65 and 8km for men aged 35 to 64. The result was determined by teams scoring on an age based percentage of their performance. Three athletes from Ilford AC were on the team representing the London based Veterans AC. Rob Sargent ran in the 6km event finishing 38th in 33 mins 21 secs and 6th in the M65 age category. In the 8km race there was good runs from Seb Parris and Sam Rahman. Seb is in fine form at the moment and finished in 31 mins 03 secs and 3rd in the M35 grouping. Sam, who is in heavy training for the New York City Marathon next month, came home 25th in 31 mins 19 secs and was 4th in the M35 category.

Vets AC finished 3rd in the match

Valentines Park 5km

September 29, 2019

The final match of this year's ELVIS competition was held in Valentine's park over a new course as building works had blocked the traditional route.

Going into the match the men's teams from Ilford AC and East London Runners were joint top of the league table. Ilford AC were led home on the day by Ahmed Abdule who put in an incredible performance to win in 15mins 31 secs, a new personal best, by a margin of 50 seconds. The ever reliable Malcolm Muir placed 8th in 17 mins 17 secs and Paul Holloway won the M50 age category in 9th with 17 mins 39 secs. Steve Philcox was next across the line in 13th with 18 mins 05 secs followed by Aaron Browne in 18 mins 30 secs for 19th spot. Seb Parris completed the scoring team with 18 mins 38 secs in 23rd.

This gave Ilford a team score on the day of 73 pts against Est London's 76 and won them the match and the league.

Only just outside the scoring team by 5 seconds, but with a great run was Ilford's youngest member 14 year old Ryan Holeyman, who came in on 18 mins 44 secs for 25th place.

Diarmuid Mac Donnell placed 27th with 18 mins 46 secs and Dan Holeyman recorded 19 mins 11 secs for 31st.

Leading the Ilford ladies challenge was Carle Qirem in 5th place with a new personal best of 21 mins 06 secs, with Jordan Hinds one place back in 21mins 12 secs. Bree Nordin won the



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F60 category in 22 mins 55 secs for 12th and Nicola Hopkinson recorded 24 mins 06 secs for 29th. Sharon Honey finished 39th with 25mins 05 secs and the club's last scorer was Alison Sale in 48th recording 25mins 51 secs. The team finished third on the day and runners up in the league for the season.

Ray Everingham improved his best time for the distance to 26 mins 29 secs, while further down the field his wife Wendy made her first appearance in Ilford colours finishing 276th.

Also ran: Hayden Newland (50 20:02) Adam Coals (54 20.25) Terry Knightley (60 20.49) Alan Pearl (71 21.15) Dennis Briggs (80 21:54) Tony Young (107 23.06) Pathrose Louis (164 25.12) Ernie Forsyth (166 25.22) Adnan Karim (188 26.47) Amanda Reid (194 26.55) Mandeep Bassi 220 28.20) Carol Muir (229 28.46) Jim Huddart (248 31.10) Rohan Alexander (274 35:12)

After the main race a junior 2km event was held and new Ilford member 13 year old Vitor Dureas placed third on his first run for the club.







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