



Chingford League 5km

Redbridge Cycle Circuit

Tuesday 1st October 2019

The winter Chingford League opened its season on a rainy night at the Redbridge Cycle Circuit at Hog Hill. Ilford are not currently members of this league so their members ran as guests or for their second claim clubs. Gary Coombes, who is in fine form at present, recorded a good time for this hilly race recording 18 mins 06 secs in 13th, while Seb Parris finished 30th with 19 mins 12 secs. Dan Holeyman placed 43rd with 20 mins 05 secs and Trevor Robinson came home 132nd with 27 mins 17 secs. Three paces back Rob Sargent recorded 27 mins 47 secs and Jim Huddart completed the Ilford squad in 150th with 34 mins 31 secs.

Southend 10km

Sunday 6 October 2019

Sundays 35th edition of the Southend 10km incorporated this years Essex Championship. The course for the race ran from Southchurch Park in the east of the town to Shoeburyness and back. The overnight rain ceased but the brisk wind hampered the runners on the way back to the finish line.

Ilford Ac had 22 entrants in the event and were led home by Gary Coombes who had a magnificent run to finish 11th in 34 mins 31 secs, a new personal best by over 90 seconds. His great run earned him the silver medal in the M40 age category in the Essex Championship. Next home was Sam Rahman, who is in heavy training for next months New York City Marathon in 40th position with 36 mins 49 secs, while Dan Holeyman also improved his best time for the distance to 38 mins 58 secs for 83rd place. Terry Knightley came in 142nd with 40 mins 56 secs. Alan Pearl was another setting a new personal best of 43 mins 46 secs in 210th, as did Ray Sparra Everingham in 774th with 55 mins 55 secs.

The leading lady from Ilford was Carlie Qirem in 230th with 44 mins 13 secs, a new best time for 10km by 2 minutes. Dianne Crisp returned from injury to record 54 mins 23 secs in 637th and Julia Galea crossed the line 840th with 57 mins 12 secs.

Also ran: Dennis Briggs (44.14 231st) Rohan Alexander (44.34 246th) Andy Catton (46.57 321st) Steve Parker (48.06 361st) Rhoan Gabbidon (48.33 376th) Tony Young (48.43 382nd) Rob Sargent (53.54 624th) Frieda Keane (61.01 1016th) Carol Muir (61.20 1022nd) Launa Broadley (63.04 1090th) Kim Baxter (66.23 1177th) Sheila Sinclair (67:46 1227th) Brennie



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Gabbidon (76.00 1386th)

Junior 3km

In the accompanying junior 3km for runners under 15 Ilford Ac's Rayan Holeyman put in a good performance to finish 4th in 10mins 45 secs, while Vitor Martins came home in 14mins 06secs for 35th.





Havering Half Marathon

Sunday 6th October 2019

The Havering Half marathon took place on Sunday, the first Half marathon to take place in Havering in nearly 25 years. The race was organized by the local mental health charity Havering Mind, with all monies raised through entries going to help them to support local people in the community.

Three Ilford AC runners were amongst the field of over 1,000 with John Crawley leading the way in an impressive 33rd place in a time of 1 hour 28 mins 18 secs.

Second home for Ilford was John's sister Anna Crawley in 92nd place in a time of 1 hour 38 mins 21 secs. Anna continues to show great improvement this season, taking a full 16

minutes off of her previous personal best time over the distance.

Anna was closely followed by Bree Nordin who also continues her fine form this season to finish in 107th place for 1 hour 40 mins 44 secs, a time which secured her first place in the female V60 category.



Loch Ness Marathon

Sunday 6th October 2019

When planning an Autumn race, the Loch Ness Marathon isn't one that NESSIEcerally features in people's plans due to its MONSTER hills but Ilford AC runner Diarmuid MacDonnell took on the challenge last Sunday.

The point to point marathon does however offer beautiful scenery and if you have a fondNESS for rain, then this race offered plenty of that too.

Diarmuid was very pleased with his time of 3 hours 12 minutes, which took 2 minutes off of his previous personal best over the distance



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The loch on Diarmuid's face shows how much he enjoyed the race.

There was an unconfirmed report that Diarmuid had spotted the 'monster' on Sunday, but this was dismissed after confirmation that Rob was actually racing in Southend that same day.





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