



NEW YORK CITY MARATHON

Sunday 3 November.

The 49th staging of the New York City Marathon took place on a sunny still Sunday morning in 12C degrees, ideal for the 53500 runners.

Sam Rahman of Ilford planned a controlled run with the target of finishing in just under 2hours 50 minutes. He ran at his selected pace throughout the race for 35km where the race enters Central Park. The last couple of miles are rolling hills and he lost a little time and finished in 2 hrs 51 mins 43 secs, his second fastest time, in 750th place, 171st in the M35 category.





Masters Open Cross-Country

Loughton

Saturday 2nd November

Saturday morning saw the staging of the Masters Open Cross-Country hosted by Loughton AC at the Roding Valley Country park.

It was a very successful day for the club with the men's team recording 1st, 3rd, 4th and 7th place

The race was over 8 km and Gary Coombes put in a great performance to take first place. He was always out in front and if it wasn't for a close call with a herd of cows near the end when evasive action had to be taken he would have recorded a quicker time than his 31 minutes 04 secs. However with Gary's gurning finishing face scaring off the cows the path was cleared for the following runners which pleased Steve Philcox and Danny Holeyman who were close behind in 3rd and 4th place respectively in times of 33 mins 03 secs and 33 mins 22 secs. Diarmuid MacDonnell completed the scoring team in 7th place in a time of 34 mins 33 secs which put the men's team in first place by a large margin.

Also running well for the men's team was Tony Young in 17th place with 39 mins 44 secs, Jim Tilbrook in 31st place for 44 mins 47 secs and James Huddart who finished as first V70 runner in 50th place in a time of 60 mins 55 secs.

Just 2 ladies were out representing the club on the day but both put in fine performances with Bree Nordin claiming 1st V60 on the day finishing 21st in a time of 41 mins 13 secs and Doris Gaga 46th in 51 mins 26 secs.



Billericay 10km

Sunday 3rd November



Press Report 5th November 2019

Five members of the Ilford AC endurance squad headed to Billericay on Sunday morning for the 24th staging of the Billericay 10 km road race.

Interestingly the squad contained 2 former winners of the event with Terry Knightly winning the race outright in 1998, and Sharon Honey placing first female in the early 90's.

The race over a one lap course on country lanes surrounding Billericay was held in good conditions with Alan Pearl leading the teams challenge. Alan, who has been having a great season recorded a new personal best of 42 mins 50 secs in 57th spot and was 3rd in the M60 category.

Next home was Dennis Briggs who continues to get closer to his pre injury form coming in strongly for 74th place in a time of 44 mins 03 secs. Third man home was Terry Knightly, who amazingly ran with a fractured bone in his foot and still placed well in 92nd place in a time of 44 mins 44 secs.

Although falling short of the 4 numbers required to complete a team, both Ilford ladies ran well on the day with Sharon Honey recording 52 mins 35 secs for 264th and Alison Sale coming in on 55 mins 42 secs for 337th place

A special mention to Julia Galea who got caught in traffic and turned up late for the race and was unable to collect her number. She ran the course, pulling up before the finishing straight in a time of approx 57 mins.



