



## **CHINGFORD LEAGUE**

Hog Hill

Tuesday 5th November

Ilford AC joined the Chingford League officially this week, although runners have been running as 'guests' for a few years.

Today was Ilford's first run in the league and the ladies put on a great display on fireworks night with both entrants making their debut in club colours. Sam Ahmed finished 13th in the 5k race in a time of 21 mins 41 secs, and Lovedip Dhaliwal placing 118th in 31 mins 33 secs. The men's race also went with a bang with Paul Grange finishing 2nd in 16 mins 36 secs and Gary Coombes in 8th in 17th mins 23 secs although both runners ran for 2nd claim clubs having competed earlier in the season whilst the club were not members.

First 'official' Ilford runners home were Adam Coals in 62nd place in 20 mins 55 secs and Andy Catton who placed 101st in a time of 23 mins 22 secs

## **STEBBING 10**

*Sunday 11 November*

The Stebbing 10 took place over a rolling course from the picturesque village of Stebbing. The race started just after 11 o'clock and a short Remembrance Sunday service. It was a good day for Ilford AC with 5 Essex medals and 5 personal best times.

The race incorporated the Essex 10 mile championship and the Ilford AC challenge was headed by Gary Coombes who is in excellent form at the moment coming home in 5th place overall to win the M40 age category gold medal in the county event. His time of 55 mins 59 secs was a personal best. Also breaking the hour barrier was Malcolm Muir in 24th place in 59 mins 28 secs. Next home for the club was Steve Philcox in 40th, taking the bronze medal in the M50 age grouping with 62 mins 52 secs, New recruit to the team Sameena Ahmed recorded 69 mins 30 secs for 6th lady and the silver medal in the F35 category. Terry Knightley crossed the line in 69 mins 36 secs in 89th, while Alan Pearl scored another personal best with 70 mins 17 secs in 97th winning the silver M60 category medal in the Essex competition. Another two Ilford men with new best times for the distance was Dennis Briggs with 72 mins 54 secs in 123rd and Tony Young in 185th with 79 mins 38 secs.



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Bree Nordin won the clubs fifth county medal of the day with a bronze in the F55 age group finishing 150th in 76 mins 47 secs. There was also a personal best in the race for Alison Sale in 92 minutes exactly.

Andy Catton running his first 10 mile race for many years finished in 149th for 76 mins 44 secs, after which he had to make a quick change for his role as current Essex President to hand out the medals including 5 to Ilford club members

The rest of the Ilford squad, all running well were Rhoan Gabbidon (170 82.22) Steve Parker (231 83.57) Julia Galea (341 94.55) Ray 'Sparra' Everingham (378 98:36) Frieda Keane (379 99.02) Carol Muir (392 1.41.19) Brennie Gabbidon (499 2.09.23)



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## **Regents Park 10k**

*Sunday 10th November*

Rounding off a good week for new recruits to the club was Aaron Browne who finished in a magnificent 20th place in this picturesque race in a time of 40 minutes 21 seconds