



## **WARE CUP**

Loughton

*Saturday 7th December*

The Annual Inter Club Ware Cup was held over the traditional 8km Cross country 3 lap course at the Roding Valley Country Park in Loughton.

Ilford Ac fielded 12 athletes and Steve Philcox led the way in 11th spot, and 2nd in the M50 category, in 32 mins 53 secs. Sam Rahman battled well for 13th with 33 mins 45 secs, while Dan Holeyman had a good run for 16th in 34 mins 19 secs. Diarmuid Mac Donnell came home 23rd in a time of 35 mins 20 secs. Alan Pearl was the first in the M60 age grouping to finish with 38 mins 09secs for 33rd overall.. Bree Nordin also was the first finisher in the FV60 category as she crossed the line as 7th lady in 40 mins 54 secs.

In the team event Ilford placed 3rd behind Orion Harriers and Eton Manor.

The rest of the Ilford squad were: - Jim Tilbrook (53 45.00) Ernie Forsyth (64 45.36) Ed Skinner (66 46.29) Rob Sargent (72 49.40) Doris Gaga (76 54.45) Jim Huddart (77 60.21)



## **Five Mile Rudolph Run**

Southend

*Sunday 8th December*



## Press Report 9th December 2019

Five Ilford AC members battled it out on Sunday with gale-force winds and 628 other athletes at the 9th Annual Southend Five Miles Rudolph Run.

The Festive themed event had many runners dressed as Santa, Elves and Christmas Puddings on the open Seafront course and the first home for the club in 16th place and winning the First Veteran Over 55 Prize of a box of Quality Street was Terry Knightley in a time of 33 Minutes and 43 seconds. Knightley had previously won outright the original and first race back in 2011.

Next home for the club was Bradley Brown in 103rd Position and 20th Male Veteran Over 45 in 42 Minutes and 21 Seconds.

Following him home in a seasons best 46 minutes and 41 seconds was the newly athletic slimline Carol Muir for 190th place and 16th Female Veteran Over 45.

Kim Baxter smashed her personal best by over a minute finishing in 51 Minutes and 21 seconds for 349th Position and 13 Female Veteran Over 60.

Julie Gillender ran close to seasons best finishing in 53 minutes and 44 seconds for 405th place and 27th Female Veteran over 50.

The Ilford Team ran extremely well and all finishers were rewarded with a mince pie and Christmas pudding along with a prestigious festive medal





