



ILFORD CLEAN UP IN THE MUD

Ilford AC 10 Mile Cross Country Championship

Hainault Forest

December 28th 2019

On Saturday Ilford AC hosted their winter showcase 10 mile cross country event on a cold December morning.

Over 110 runners were treated to the thick mud and hills that characterises most of the 3.3 mile course which is negotiated 3 times. Due to recent rain the mud was thicker this year than in many of the previous years.

Ilford's men totally dominated the race providing the first 7 finishers.

Aaron Samuel continued his great 2009 form with first place for 1:01:52 which also made him the youngest winner in the events 40 year history.

Close behind was Tom Gardner recording 1:02:17 for 2nd, Mungo Prior 1:02:36 for Bronze with Jak Wright closing the team in 4th place in 1:03:26.

The men's team, of course, won 1st place in the team competition.

Ilford's other men, all ran well and included Bradley Deacon 5th 1:03:40, Gary Coombes 6th and 1st V40 in 1:03:46, Malcolm Muir 7th in 1:05:21 and John Crawley 9th in 1:08:48.

Just a few minutes back a father and son battle was taking place with son Ryan Holeyman in 13th place for 1:13:18 just edging in front of Dad Danny Holeyman in 14th place in 1:13:53. Danny was followed in 15th place by Hayden Newland in 1:14:12 with Bradley Brown completing the men's squad in 61st place for 1:34:29

Anna Crawley was the first Ilford female home, and 3rd female on the day in 32nd place for 1:22:27. Following closely was Bree Nordin in 37th place and first FV60 for 1:24:27, Alison Sale in 67th place for 1:42:24 and Julia Galea completing the Ilford ladies team which finished second on the day in 73rd place for 1:47:52.

Also running well on the day was Frieda Keane in 75th place for 1:49:10

With the race also doubling as the club's own 10 mile championships Gold, Silver and Bronze medals were awarded to Aaron Samuel, Tom Gardner and Mungo Prior for the men, and Anna Crawley, Bree Nordin and Alison Sale for the ladies.

This year, for the second time, the club also opened the race up to relay teams with 3



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different runners each running a lap of the tough course.

The Relays were again won by Ilford AC with a team consisting of Farris Patel 20:24, Jordan Hinds 24:50 and Joseph Grange 21:23. The combined time of 1:06:36 gave them the title by nearly a 5 minute margin.

Also competing in the relays for Ilford or mixed clubs and doing one 3.3m lap were :- Sam Rahman 22:07, Matthew Hick 23:44, Aaron Hick 24:06, Wayne Hick 26:15, Ernie Forsyth 28:57, Jim Tilbrook 30:10 and Sharon Honey 30:55

The race, although over 40 years old, is now held annually to commemorate Ilford AC stalwart Kevin Newell who unfortunately suffered a serious brain injury five years ago and now requires full-time care . A donation will be made from the race proceeds to a suitable charity. It is not only supported and promoted by his comrades at Ilford Athletic Club but many of his friends that he has made from the local running community and throughout the county also turn up to either run, volunteer, or just cheer on the runners in tribute to Kevin.







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Wicklow 5k

26th December 2019

Diarmuid Mac Donnell travelled back to his native Ireland to run in the Wicklow 5k St. Stephens day race.

Diarmuid was pleased with his 42nd place, which also gave him 3rd V45 place and a prize of a set of resistance bands. His time was 18:48

Witham 5m

26th December 2019

Brother and sister team Malcolm and Carol Muir took on the Witham 5m Road race on Boxing day.

Malcolm continues his impressive form with 19th place for 28:50 whilst Carol recorded a seasons best of 46:37 for 276th place





Serpentine 5k

Hyde Park

27th December 2019

Serpentine running club held its monthly end of the month 5k in Hyde Park on a cold but dry morning.

In a field of over 200 runners Gary Coombes ran an impressive 16:23 for 12th place.

This time was a 5k PB by over 30 seconds, which caps off a great year for Gary.

Iford AC Boxing Day Handicap

Hainault Forest

December 26th 2019

A field of 18 runners brushed off the Turkey and Christmas hangover to toe the line for the 11th annual Iford AC Boxing day handicap.

The route is 3.3 miles through the hills and mud of Hainault Forest and forms one lap of the clubs own 10 mile championships

This year, for the second time, the course was marked out due to people getting lost and running their own route in previous years.

As in previous years a member of the Hick family ran out as winners with Wayne Hick recording 48:08 for first place, just beating Steve Philcox who came in just 9 seconds later. Steve was closely followed by Denis Brigs 48:27, Danny Holeyman 49:04 and George and Matthew Hick who had their own little battle finishing 5th and 6th in times of 49:09 and 49:16.

Special mention to the youngest member out there in the mud Noah Crawley who placed 7th place in 49:21 to win some sweets.

First lady home was a lady who has worked really hard this year to come back from a little time away from competing Sharon Honey who finished in 49:23, just over a minute from the leaders.



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Next lady home was Launa Broadley who's screams as she encountered the mud brought attention from miles around.

Finishing in last place, obviously too full of the Christmas Spirit(s) was Billy Green in 52:23 – a full 4 minutes from threatening the leader board!

FINISHING POSITIONS					TIME WITHOUT HANDICAP		
NAME	Mins	Secs	HANDICAP	NETTIME	NAME	Mins	Secs
1 Wayne Hick	48	08	24	24 08	1 Steve Philcox	21	17
2 Steve Philcox	48	17	27	21 17	2 Sam Rahman	22	30
3 Denis Briggs	48	27	24	24 27	3 Ryan Holeyman	22	55
4 Danny Holeyman	49	04	26	23 04	4 Danny Holeyman	23	04
5 George Hick	49	09	22	27 09	5 Hayden Newland	23	15
6 Matthew Hick	49	16	26	23 16	6 Matthew Hick	23	16
7 Noah Crawley	49	21	0	49 21	7 Wayne Hick	24	08
8 Sharon Honey	49	23	18	31 23	8 Denis Briggs	24	27
9 Aaron Hick	49	31	25	24 31	9 Aaron Hick	24	31
10 Ernie Forsyth	49	46	20	29 46	10 Karl Hick	25	04
11 Ryan Holeyman	49	55	27	22 55	11 George Hick	27	09
12 Alfie Hick	49	58	22	27 58	12 Alfie Hick	27	58
13 Karl Hick	50	04	25	25 04	13 Charlie Hick	29	32
14 Hayden Newland	50	15	27	23 15	14 Ernie Forsyth	29	46
15 Sam Rahman	50	30	28	22 30	15 Billy Green	31	23
16 Charlie Hick	51	32	22	29 32	16 Sharon Honey	49	21
17 Launa Broadley	51	53	13	38 53	17 Launa Broadley	38	53
18 Billy Green	52	23	21	31 23	18 Noah Crawley	49	21



Havering 5m Handicap

26th December 2019

6 Ilford runners turned up on Boxing day morning to compete in the Havering 5m Handicap.

Unfortunately Paul Grange, Joseph Grange and Jak Wright arrived too late to get numbers and times, but were allowed to compete and ran well.

Of the 3 that did have numbers Trevor Robinson was the first of the trio home for Ilford in 11th place with a Handicap time of 56:28 and a running time of 39:58. Trevor was followed by Gary Coombes in 25th place with a handicap time of 58:04 and a running time of 26:14. The trio was completed by Bree Nordin in 49th place with a handicap time of 59:37 and a running time of 34:52