



Benfleet 15

January 19th 2020

Three Brave and intrepid Ilford AC team members took on the tough and gruelling 30th Anniversary Benfleet 15 Miles Multi-Terrain Race on Sunday Morning.

A Very Challenging 15 Mile Multi-Terrain Course incorporating sections of the Canvey Island Sea Wall and the brutally hilly and very slippery and muddy Hadleigh Downs.

First home for the Club in a huge field of over 850 athletes was Diarmuid Macdonnell in 60th place and gun time of 1 hour 53 minutes and 24 seconds for 19th Veteran Male Over40.

Next home in 115th position was Terry Knightley in 2 Hours and 2 Minutes and 3 Seconds and 8th Male Veteran Over 50.

Anna Crawley completed the Ilford AC team finishing the course in gun time of 2 Hours 14 Minutes and 2 Seconds in 215th place and was 21st Female overall.

All finishers received a specially Anniversary Engraved medal and T- Shirt.

CHINGFORD LEAGUE

Hackney Marshes

Saturday 18 January

Last Saturday the Chingford league was held over a flat course around the famous Hackney Marshes Football Pitches with a couple of muddy trials through the woods at the edges on each of the two laps. The race was a combined male and female race over 5 miles and Ilford AC had several runners in action.

Leading the way was Sam Rahman who had a good run over the country in 34th place in a quick 31 mins 44 secs. One place and 4 seconds behind was Gary Coombes Gary Coombes who returned to action after missing a few weeks with a minor injury. Tony Young came home 139th in 39 mins 33 secs, while Trevor Robinson finished 170th with 42 mins 23 secs. Gaye Young was the leading Ilford lady with 46 mins 58 secs for 218th. Rob Sargent came in 221st in 47 mins 40 secs and Jim Huddart and Brennie Gabiddon found the going tough finishing 225th and 237th respectively





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