



South of England AA Championships

Parliament Hill

25th January 2020

The penultimate race on the long day of Cross Country running was the Senior ladies. With the fields now well and truly churned up this was always going to be a tough race. However the 5 Ilford ladies equipped themselves very well over the 8k course and did the club proud. Leading the way was Anna Crawley who has been in fantastic form over the last 12 months. Anna battled to a fine 215th position in a time of 38 mins 07 secs, an improvement of over 300 places in the same race last year. Coming in 2nd and 3rd for Ilford were two of the clubs Cross Country stalwarts Alison Sale and Frieda Keane finishing in 551st and 657th in times of 47 mins 29 secs and 55 mins 24 secs. Next in was a relative newcomer to Cross Country in her first season Lovedip Dhaliwal who came in on 59 mins 19 secs for 675th place. Completing the Ilford ladies squad was Launa Broadley who always gives 100% in 692nd place in a time of 67 mins 52 secs

There were strong results from the senior men of Ilford Ac with Tom Gardner particularly impressive coming home 136th in the 15km event in 55 minutes 18 secs. Next home was Oscar Peris, who is improving with each outing over the country, in 222nd with 57 mins 09 secs. Malcolm Muir gave his usual 100% coming in on 60 mins 45 secs for 375th. Seb Parris finished a fine 501st in 63 mins 01 secs with Gary Coombes not too far back in 525th in 63 mins 25 secs. The 2 remaining Ilford men, both putting in solid performances followed shortly after. John Crawley was 588th in 64 mins 50 secs and Diarmuid McDonnell was 676th in 66 mins 42 secs.









Farnborough Half Marathon

25th January 2020

Elsewhere Ilford AC had 3 members competing in the Farnborough Half Marathon. Paul Holloway finished in a very impressive 37th place in a field of almost 2,000 runners and also claimed 2nd place in his age category in a time of 78 mins 24 seconds. Brennie Gabbidon was absolutely thrilled with her time of 2 hours 31 mins 36 secs which was an improvement of 38 minutes for the same race last year. Brennie is training for this years London Marathon and her hard work and dedication is paying dividends. Brennie was accompanied on the run by her husband Rhoan who finished 1 second and one place behind her





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