



Chingford League 5 miles

Victoria Park

Saturday 1st February

The last match of the Chingford League for this winter was held on the fast flat road course in Victoria Park. On a breezy Saturday morning Ilford AC had 19 athletes in action, ten of whom finished with personal best times showing the club's winter training has been going well.

First home for Ilford in 32nd place in a strong field of over 300 was Sam Rahman who looked strong recording 29 mins 17 secs. Next home was the improving Haydn Newland with 30 mins 27 secs for a personal best time in 47th. Close behind in 49th was Dan Holeyman with a new best time of 30 mins 33 secs. Diarmuid Mac Donnell was another with a new personal best in 62nd with 31 mins 06 secs.

The list of new best times for the distance continued with Adam Coals in 33 mins 27 secs for 101st, Dennis Briggs in 33 mins 32 secs for 104th place, Alan Pearl in 33 mins 54 secs for 113rd spot, Ray 'Sparra' Everingham in 43 mins 59 secs for 265th and James Huddart who placed 296th in a time of 48 mins 51 secs.

The Ilford Ladies were led by Anna Crawley who finished with 34 mins exactly in 117th overall for a personal best. Carlie Qirem closed the personal best group on the day in 135th spot recording 34 mins 54 secs. Two of the Ilford ladies who are just returning to racing after injury were Gaye Young 242nd in 42.07 and Doris Gaga 278th in 45.28

Also in action were: Tony Young 184th in 37 mins 42 secs, Jim Tilbrook 210th in 39 mins 30 secs, Ernie Forsyth 217th in 40 mins 18 secs, Rob Sargent 266th in 44mins 02 secs and Mandeep Bassi 301st in 49 mins 23 secs

In the U15s 4.7km race Ilford junior Vitor Martins-Dureas placed 7th in 28 mins 24 secs.



BUC'S University Cross Country Champs

Edinburgh

Saturday 1st February

Ahmed Abdulle representing St Mary's College took on the short course champs which comprised of one short lap & two large laps.

Ahmed took the pace on early, but slipped back into the chasing pack on the last lap, finishing in 20th place in 27:25 some 42 seconds behind the winner Joe Wigfield 26:43 in a field of 634