



CAU Inter County Championships (Inc British Athletics Cross Challenge)

Loughborough

7th March 2020

Six Ilford athletes had qualified to represent Essex in the UK inter county cross country championships held at Loughborough on Saturday, however due to injuries and University pressures only three were available to travel on the day.

All three though performed well and did their County and club proud.

The first 2 Ilford runners off were in the 6k U17 men's race and **Bradley Deacon**, representing his county for the first time ran a tremendous 24 minutes 35 seconds to place 163rd, and was very closely followed by team mate **Jak Grange-Wright** who placed 173rd in a time of 24 minutes 43 seconds.

Next up in the 3.5k U13 men's race was in form **Joseph Grange** who was also making his debut in an Essex county vest. Joseph ran an excellent race to finish 50th, in a time of 14 minutes 19 seconds which helped his team to second place and earned him a county silver medal



Roding Valley Half Marathon

Woodford

8th March 2020

Now in its 40th year, the Roding Valley Half Marathon continues to be a very popular local race.

It has a challenging hilly route, with a mixture of residential and main roads, finishing with a lap of the athletics track at Ashton playing fields.

Two Ilford runners represented the club **Steve Philcox** and **Frieda Keane**.

Steve spent all the race challenging the leaders and was pleased with his 9th place finish, which also gained him 2nd place in his age category in a time of 1 hour 26 minutes and 29 seconds.



Press Report 10th March 2020

Ever reliable Frieda found the race a challenge after a recent lay off for emergency dental work, but dug deep to finish in 2 hours 24 minutes 28 seconds to place 10th in her age category.