



Press Report 6th July 2020

The Essex 6 - 12 stage relays are held every July in various Essex locations, however as with many races this year the event, although cancelled as a mass participation event, went ahead as a virtual event meaning Ilford AC could once again put themselves up against the best runners Essex had to offer

The relay consists of long legs at 5 miles, and short legs of 5k.

A scoring men's team had to have 6 runners going long and 6 going short, whilst the ladies scoring team consisted of 2 on the long leg and 4 on the short leg.

Ilford AC entered 2 men's teams and 3 ladies' teams. The run could be done any time over a 3 day period 2nd - 4th July, although a few runners competed in small handicapped groups over Barking Park on the 4th to recreate a race atmosphere.

Runners then submitted their times to the organisers via either Strava or Garmin apps.

Ilford Ladies 'A' team were led home in the short leg by **Carlie Qirem** 128th 21:24 supported by **Jordan Hinds** 131st 21:51, **Zuzana Sinalova** 133rd 21:53 and **Breege Nordin** 141st in 22:34.

Breege was also 1st FW60 in the competition.

In the long legs team captain on the day **Sameena Ahmed** led the Ilford ladies team home in 84th for 33:16, a time which placed her 1st W40. She was supported by **Amy Bird** 107th in 37:01.

The 'A' team finished 8th in the competition.

The ladies 'B' team had **Nadia Crellin** first back in the short leg in 171st place for 24:54 supported by **Dianne Crisp** 173rd 25:14, **Mandeep Bassi** 187th 29:16 and **Frieda Keane** 189th in 29:47.

The long leg saw a magnificent run by **Alison Sale** lead the team home in 124th place in 40:42 which placed her 3rd in her age category in the competition. She was backed up by an equally impressive **Mandy Reid** in 134th place in 45:35

The 'B' team finished 14th in the competition.

Impressively the ladies put together a 'C' team which was led home in the 5k leg by **Pramila Monro** 190th in 30:33 well backed up by **Lovedip Dhaliwal** 193rd 31:01, **Brennie Gabbidon** 194th 31:25 and **Wendy Everingham** 196th 36:38.

The long leg had **Julia Galea** leading the way in 138th place for 49:34 backed up by **Karen Kufuor** 141st in 51:51.

Also running, and just 2 seconds outside making the team was **Launa Broadley** in 142nd place for 51:53



Press Report 6th July 2020

The 'C' team finished 17th on the day

In the men's category Ilford put out 2 strong teams.

In the 'A' team **Mungo Prior** lead the team home in the 5k leg finishing 10th overall and first U20 male in a very impressive time of 16:45. Mungo was supported by team and track mates **Bradley Deacon** and **Jak Wright** finishing in 17th and 25th in the competition with times of 17:01 and 17:17. Bradley was 3rd U17M and Jak 4th in the same category. **Gary Coombes** recorded an exact same time of 17:17 to finish joint 3rd remarkably **Amin Koikai** and **Malcolm Muir** both also recorded the same time of 17:31 to finish joint 35th to complete the 5k leg of the course.

There were some spectacular times recorded in the longer 5m leg for the 'A' team **Ahmed Abdulle** led the way in 5th place and 3rd Senior male in a time of 25:04 backed up by **Blair McWhirter** in 8th place for 25:59 and **Tom Gardner** in 18th place for 26:59. 4th place went to mens captain on the day **Paul Grange** who finished in 23rd place and first M40 in a time of 27:19 with 5th going to **Aaron Samuel** who was 1st U17m and 26th overall in a time of 27:28. The team was completed by **Alex Richards** who was 32nd on the day in a time of 28:10.

The men's 'A' team finished 3rd in the competition.

The 'B' team was led home on the short leg by **Farris Patel** 41st in 17:47, closely followed by father and son team **Ryan and Danny Holeyman**. Ryan was 44th and 2nd U15 on the day in 17:53 grabbing bragging rights over dad Danny who finished in 18:13 for 56th place. Next home was a very impressive run from 13-year-old **Joseph Grange** in 63th place in 18:35 which also gave him 2nd place in his category. The 5k leg of the team was completed by **Oscar Rubio** 65th 18:37 and **Julian Fabian** 82nd in 19:27.

The long leg was led home by **John Crawley** in 69th place for 32:11, backed up by **Seb Parris** 77th 32:37 and **George Marshall Childs** in 98th place for 35:24. George placed 2nd U17M which remarkably gave Ilford AC 1st, 2nd, 3rd and 4th placings in the U17M category. 4th home in the long leg was **Adam Coals** 102nd 35:45, 5th was **Jim Tilbrook** finishing 3rd in his age group for 124th place in 40:25 and completing the team was **Adnan Karim** in 128th place for 44:12.

The men's 'B' team placed 12th in the competition.

Ilford had several other runners competing for the males but were unable to make up a 3rd team of 6 No 5K and 6 No 5-mile entrants. These included:-



Press Report 6th July 2020

Long leg – **Satha Alaga** 133rd and 2nd M60 (on his 60th Birthday) in 45:25

Short leg – **Matthew Hick** 93rd 19:50, **Phil Davies** 93rd and also 19:50, **Simeon Balson** 96th 19:59, **James Rigby** 107th 20:26, **Diarmuid MacDonnell** 115th 20:56, **Dennis Briggs** 121st 21:19, **Anthony Young** 123rd 21:23, **Cliff Warren** 137th 22:21, **Trevor Robinson** 163rd 24:00 and **Sparra Everingham** 188th 29:46

However, as Ilford had a further 6 runners in the short leg they were able to score a 3rd team in the separate 'distance categories.

In these categories the 5k Ilford men's teams finished 6th, 12th and 14th whilst the men's 5m teams finished 2nd and 16th.

For the ladies the 5k teams finished 8th, 16th and 18th whilst the 5m teams finished 5th, 14th and 17th.

In all a very impressive turnout and performance by Ilford AC which shows how despite a difficult few months for the most part when athletes could only train alone, and even now when we are restricted to maximum groups of 6, the team has stuck together and kept their resolve and love of the sport and more importantly the club.

Well done to all involved.