



CHINGFORD LEAGUE

Epping Forest

Saturday 24 October

The first match of this winter's Chingford League took place in Epping Forest on Saturday and was run under the Covid regulations. This necessitated that the men and women ran in separate races and the races were started in 12 separate waves, with each wave racing one minute after the previous.

Iford AC competed in the league for the first time and therefore both men and ladies were competing in division 2. The club entered a large team and were rewarded with good results. It was the first time that most had raced since March.

The women's squad were headed home by Amy-Louise Bird in 24th spot with 37 mins 44 secs for the 2 lap 5.2 mile course. Supporting her were Anna Crawley in 36th with 39 mins 49 secs and Carlie Qirem in 40 mins 08 secs for 39th. Next up were Bree Nordin placing 41st in 40 mins 27 seconds, while Alison Sale finished 54th in 41 mins 57 secs, breaking her 5m pb in the process. Completing the scorers was Gaye Young with a time of 43 mins 20 secs. It was a successful debut for the club in the league as the ladies finished 6th overall and top of the division 2 rankings.

Also running for the club were Mandy Reid (103 48.02) Julia Galea (109 48.48) Frieda Keane (118 50.08) Pramilla Monro (119 50.36) Sharon Honey (121 51.15) and Launa Broadley (123 51.37). There were 130 finishers

The mens race featured a strong field and first home for the Iford team was Gary Coombes in 23rd with 31 mins 12 secs for the 5.2 mile course. Next home were Paul Holloway in 31st with 31.44 and Sam Rahman with 32 mins 31 secs for 37th. Danny Holeyman placed 56th with 33.13 secs and Steve Philcox was 2 places and 11 seconds behind. Closing the scorers was John Crawley in 75th in a time of 34 mins 59 secs. The team were 7th overall and second in the division 2 match behind Woodford Green AC

Also in action were Terry Knightley (89 36.05) Jim Tilbrook (145 41.31) Steve Cheal (150 42.52) Trevor Robinson (153 43:32) Rob Sargent (155 44.06) Bradley Brown (166 47.11) and Sparra Everingham (171 50.34) There were 175 finishers

RUN TRACK SERIES

Hexham

Sunday 25 October

Tony Young returned to his native North East at the weekend and took part in a 3000m track race at Hexham. He ran a hard race to finish 6th in his heat in a personal best time of 12 mins 57.7 secs.





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