



Press Report 10th November 2020

ILFORD ONE MILE HANDICAP

Saturday was supposed to be the 3rd in the Winter series of Ilford Handicap races, however tighter Government restrictions meant that the 1 mile handicap had to be held virtually.

Fifteen athletes took part with each runner given an undisclosed Handicap.

The handicap calculations worked well with the winner Lovedip Dhaliwal finishing in a combined time of 14:50 just one second ahead of Sharon Honey, Frieda Keane and Adam Coals on 14:51.

Fastest actual time on the day was Steve Philcox on 5:25, followed by Phil Davies on 5:50 and Anna Crawley on 6:10. Third male home was Cliff Warren on 6:13 and second and third females were Breege Nordin in 6:35 and Alison Sale / Gaye Young who both finished in 7:08

Handicap time / handicap (in brackets) / actual time as follows...

Lovedip Dhaliwal 14:50 (6.00) 08:50

Frieda Keane 14.51 (6.00) 08.51

Sharon Honey 14:51 (6.30) 08.21

Adam Coals 14:51 (8:30) 06:21

Anna Crawley 14:55 (8:45) 06.10

Julie Gillender 14:56 (5.00) 09:56

Cliff Warren 14:58 (8.45) 06:13

Phil Davies 15.05 (9:15) 05:50

Steve Philcox 15:10 (9:45) 05:25

Breege Nordin 15:20 (8.45) 06:35

Gaye Young 15.23 (8:15) 07.08

Carol Muir 15:25 (7.00) 08.25

Anthony Perkins 15.36 (0.00) 15.36

Alison Sale 15:38 (8.30) 07.08

Gary Smith 15.44 (3.30) 12.14



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VITALITY LONDON 10K

Back in May Ilford were due to send eight athletes to Green Park in London for the Vitality 10k run. The race was postponed until September then cancelled and organised as a virtual event.

The Ilford contingent swapped Green Park for Valentines Park in Ilford and run the 10k virtually.

First home was Dennis Briggs in a time of 46:51 with the much improved Alison Sale coming in 2nd place and first female in a time of 53:12. Remaining runners were Mandy Ried 55.29, Lovedip Dhaliwal 59.07, Billy Green 59.50, Sharon Honey 60.00, Frieda Keane 62.45 and Jimmy Huddart 63:11







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