



Chingford League

Redbridge Cycle Track

Sunday 6th December.

The Chingford League continues to pull out all the stops to get races on during these difficult times and on Sunday, for the second time this season they got a permit to race, this time at the Redbridge cycle track.

Races look a little different at the moment with a series of smaller socially distanced races taking part over the course of an afternoon and results being collated late into the night by the hard working organisers.

Despite challenging hills and cold wet weather the 26 Ilford AC athletes who took on the challenging 5k course on Sunday all enjoyed themselves in the first race of the day at noon.

Alex Richards led from gun to tape and despite taking the field on a longer course due to a wrong turn (3.26 miles) he produced a winning time of 16.51 closely followed by Tom Gardner in 17.00 minutes.

Rhys Edwards ran a great race finishing 3rd Ilford athlete in a time of 17.45.

First female was Sameena Ahmed in 21.21 very closely followed by Jordan Hinds in 21.44.

Full list of runners and times:-

Alex Richards 16.51

Tom Gardner 17.00

Ryhs Edwards 17.45

Gary Coombes 18.02

Paul Holloway 18.21

Sam Rahman 19.05

Dan Holeyman 19.02

Steve Philcox 19.10

Haydn Newland 19.58

Diarmuid McDonnell 20.11

Terry Knightley 21.03

Sameena Ahmed 21.19

Jordan Hinds 22.46

Tony Young 22.37

Anna Crawley 23.07

Breege Nordin 23.14



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Andy Catton 24.00
Alison Sale 24.50
Gaye Young 25.05
Steve Cheal 25.28
Rob Sargent 26.29
Julia Galea 28.31
Bradley Brown 28.47
Frieda Keane 29.48
Pramila Munro 30.00
Kim Baxter 33.53





















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