



Chingford League

Redbridge Cycle Track

Monday 5th April 2021.

The Chingford League continues to pull out all the stops to get races on during these difficult times and on Easter Monday a series of races, to abide by current social distance measures, was held at the Redbridge cycle track.

Ilford AC competed in the first race of the day at 12:10 and were up against Barking Roadrunners, Trent Park and Harold Wood.

Despite challenging hills and cold wet weather Ilford AC athletes provided 28 of the 97 runners who took on the challenging 5k course.

Ilford runners after months of no competition put in a great performance on the day placing 1st and 2nd and having 7 runners in the top 10

Paul Grange put in a great performance placing 1st in 16:03, followed closely by Tom Gardener in 2nd place for 16:19.

Closely bunched in 5th, 6th, 7th and 8th place were Jack Wright 16:39, Alex Richards 16:41, Bradley Deacon 16:52 and Rhys Edwards.

Another notable performance was Ryan Holeyman who was first U17 runner on the day, finishing in 11th place in a time of 17:29

First female home was Jordan Hinds in 42nd place, and third senior female in a time of 22:52. Jordan was supported by Bree Nordin a place behind in 23:04, Alison Sale in 52nd in 23:44 and Gaye Young 54th in 23:53

Altogether a very successful return to competition after months of lockdown.

Ilford's supporting cast, all putting in outstanding performances were:-

Danny Holeyman 18:35

Stephen Philcox 18:56

Diarmuid Macdonnell 19:48

Adam Coals 20:57

Terry Knightley 21:34

Steve Crane 21:42



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Dennis Briggs 22:00

Wayne Hick 22:10

Edward Skinner 26:02

Rob Sargent 26:14

Stephen Cheal 26:21

Julia Galea 28:11

Carol Muir 28:58

Frieda Keane 29:19

Trevor Robinson 29:46

Pramila Monro 30:17

Bradley Brown 30:20



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Footnote: If any readers have taken up running during lockdown and would like to join or get involved with a running club please contact Ilford AC at ilfordathletics@gmail.com



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