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England U15 Championships Manchester 7th August

Ilford AC's Joseph Grange 14 travelled to Manchester last Saturday for the English national track championships.

Joseph ran in his preferred distance the 3000m. Joseph's dad says: Joseph came 7th he tried so hard as he always does.

Joseph's training partner and brother Jak says: Joseph ran the race in his typical aggressive attacking style starting with the leaders before he fell slightly off the pace, finishing in a time of 9m 33.19 secs.

Joseph battled on never giving an inch to the competitors around him running as hard as he could right to the line in the longest of the middle distance events permitted for the still growing U15s age group.

Joseph made his club proud and is hopeful of returning next year to better his finishing position



Chelmsford Mile of Miles Friday 6th August

Rhys Edwards was Ilford's sole competitor in the mile of miles at Chelmsford, last Friday, but he acquitted himself brilliantly winning the combined U17/U20 race in a personal best time of 4.42.8.



5k Handicap Saturday 7th August 2021

Ilford Ac's second President's annual 5k handicap took place last Saturday.

It is normally one of the hotter months of the year although this year the competitors were greeted with torrential rain.

This may have partly been the reason for such a small field, however, it was disappointing to see so many members competing at or volunteering at a parkrun event rather than their own club's event .



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First person to go off , in what were initially dry conditions was Freida Keane, followed a minute later by Mandy Reid, then the remaining athletes followed at various intervals until the final runner Rhys Edwards went off 12 minutes after Freida.

By the end of the first lap the heavens had opened, but Freida was maintaining her lead, over Mandy who was closing in fast, further back crane family honour was being disputed between father and son , Steve and Samuel. Scratch man Rhys was ploughing through the puddles and gaining on the field as was Danny Holeyman.

As the athletes reappeared into view Mandy had moved into the lead, with Freida still hanging onto second place , Steve had gotten the better of Samuel and had moved into 3rd overall, with Danny Holeyman and Phil Davies battling for 2nd place in the mens category.

The rain got even heavier along the finishing straight, but this did not deter Mandy who pulled away to win by almost a minute, from Freida, with Alison sale taking 3rd in the women's category.

Steve won the mens closely followed by a fast finishing Danny and Phil. Rhys was the fastest runner of the day.

Full results

.	Time	Handicap	Net Time
Mandy Reid	27.48	1	26.48
Freida Keane	28.45	0	28.45
Steve Crane	28.56	8	20.56
Danny Holeyman	29.18	11	18.18
Phil Davies	29.21	8	21.21
Samuel Crane	29.23	9	20.23
Rhys Edwards	29.3	12	17.3



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Andy Catton	29.53	7	22.53
Alison Sale	29.56	6	23.56
Ryder Islam	29.56	8	21.56
Julia Galea	30.18	2	28.18
Ronan Edwards (guest)	31.12	10	21.12





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