



## Press Report 21st September 2021

### Chingford League 5k

Redbridge Cycle Track

18<sup>th</sup> September 2001

Because of a packed race diary Ilford AC sent a small squad of 5 runners to the Redbridge Cycle track for the first race of the new season in the Chingford League.

In the U17 men's race **Ronan Edwards** impressed to take 1<sup>st</sup> place in a time of 19:48.

In the women's race **Breege Nordin** placed 30<sup>th</sup> and 2<sup>nd</sup> W60 in a time of 22:58

The Senior men's race saw **Gary Coombes** place 10<sup>th</sup> and 3<sup>rd</sup> M40 in a time of 17:18, **John Crawley** placed 38<sup>th</sup> in a time of 19:24 and **Trevor Robinson** was 124<sup>th</sup> in a time of 29:25

Before the race ILFORD AC were awarded shields for winning both the men's and ladies 2<sup>nd</sup> Division titles last year, earning them promotion to Division 1.









## **Pleshey Half Marathon (incorporating the Essex Champs)**

Pleshey

19<sup>th</sup> September 2001

The Essex Championship were once again staged in conjunction with the Pleshey Half Marathon.

The race from the picturesque village is over a rolling hilly course and conditions were made more difficult on the day due to unseasonable hot weather

It was though a successful day for Ilford AC with the club winning EIGHT county medals and runners setting 3 new personal bests for the distance.

**Gary Coombes** led the way for the Ilford team with an excellent 5<sup>th</sup> place in 1hr 15 mins 49 secs, the performance winning him Essex Gold in the M40 age group and a new personal best at the distance. Backing him up were the ever-reliable **Malcolm Muir** in 16<sup>th</sup> place in 1hr 21 mins 17 secs and **Danny Holeyman** in 25<sup>th</sup> place in 1 hr 24 mins 20 secs.

The three combined to win an Essex Silver medal in the Male team prize.

Just one place behind Danny was **Sam Rahman** in a time of 1 hr 24 mins 42 secs.

Coming in for 37<sup>th</sup> place was **Terry Knightley** in a time of 1 hr 27 mins 21 secs which not only earned him a Gold Essex Medal in the M60 category it also broke his own Ilford AC all-time Half Marathon M60 record. Remarkably this was Terrys 64<sup>th</sup> Essex County Medal award.

Backing the team up were **Dennis Briggs** 58<sup>th</sup> 1:33:47, **Stephen Crane** 73<sup>rd</sup> 1:37:45 and **Ray 'sparra' Everingham** 208<sup>th</sup> 2:13:07

Leading the lady's home with an excellent run for 47<sup>th</sup> place was **Sameena Ahmed** in a time of 1 hr 29 mins 11 secs which earned her an Essex Silver Medal in the FV40 category and was a new personal best over the distance. Also setting a new PB over the distance was **Carlie Qirem** who had a great race to finish 68<sup>th</sup> in 1:36:59. Third lady home was **Breege Nordin** winning herself a Gold Essex Medal in the FV60 category to place 90<sup>th</sup> in a team of 1:41:25. Just like the mens team, the ladies combined to win a team Silver Essex County Medal.

**Gaye Young** ran a great race to finish 106<sup>th</sup> in 1:44:49, followed by **Carol Muir** in 205<sup>th</sup> in 2:11:47 for a bronze medal in the FV55 cat. **Julia Galea** in 207<sup>th</sup> in 2:13:55 also gaining herself a bronze medal in the FV60 cat. And **Pramila Monro** in 235<sup>th</sup> in a time of 2:22:50.

An excellent day out for the team with plenty of medals to show for their efforts.



















### **British Masters 10,000m Championships**

Jarrow

19<sup>th</sup> September 2021

Tony Young travelled up to compete in the British Masters at Jarrow on the track.

In a competitive field Tony was pleased with his seasons best time of 47 mins 19.77 seconds to finish in 12<sup>th</sup>



place

