



Press Report 21st September 2021

Chingford League 5k

Redbridge Cycle Track

18th 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 1st place in a time of 19:48.

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

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

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



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Pleshey Half Marathon (incorporating the Essex Champs)

Pleshey

19th 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 5th 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 16th place in 1hr 21 mins 17 secs and **Danny Holeyman** in 25th 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 37th 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 64th Essex County Medal award.

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

Leading the lady's home with an excellent run for 47th 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 68th in 1:36:59. Third lady home was **Breege Nordin** winning herself a Gold Essex Medal in the FV60 category to place 90th 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 106th in 1:44:49, followed by **Carol Muir** in 205th in 2:11:47 for a bronze medal in the FV55 cat. **Julia Galea** in 207th in 2:13:55 also gaining herself a bronze medal in the FV60 cat. And **Pramila Monro** in 235th in a time of 2:22:50.

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









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British Masters 10,000m Championships

Jarrow

19th 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 12th

place

