



Press Report 26th October 2021

CHINGFORD LEAGUE

Olympic Velopark

Wednesday 20 October

The third fixture in this winter's Chingford League was held at the floodlit Olympic Velopark in the Queen Elizabeth Park at Stratford .

The 5km race was just over 3 laps of the fast circuit and Ilford AC had teams in both the mens' and ladies' events.

The ladies were headed by Anna Crawley in 19th spot in 20m 55s with Carlie Qirem close behind in 21st with 21m 10s. Amy-Loise Bird completed a powerful trio for the club in 23rd recording 21m 28s. Next home was Gaye Young in 22m 53s for 39th with Alison Sale 42nd with 23m 22s. One place behind Hannah Sheikh completed the scorers with 23m 31s.

On the night the ladies team finished 5th in the first division of the league.

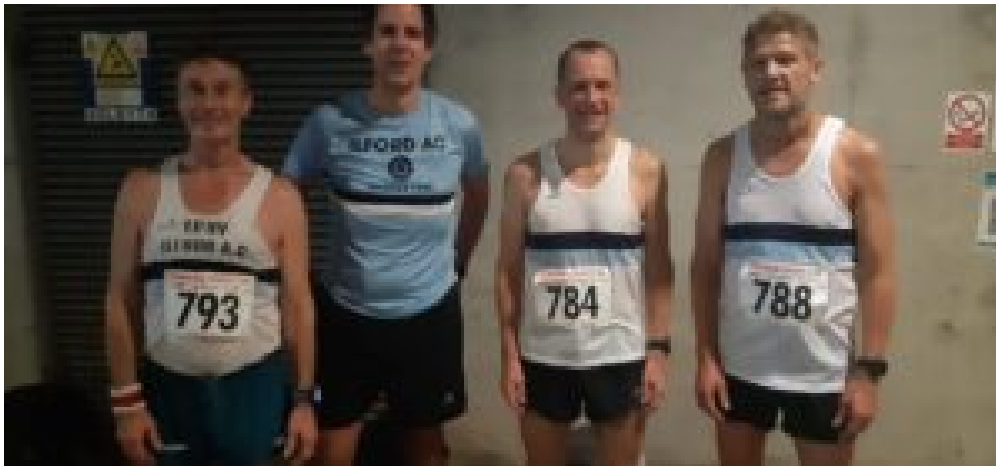
Supporting their colleagues were Pauline Tester (72 25.06) Sharon Honey (81 26.13) Frieda Keane (103 29.01) Launa Broadley (111 33.226) Karen Kufour (113 26.33)

The Ilford men were led home by Dan Holeyman in 18mn 18s for 49th place with Diarmuid Mac Donnell in 70th recording 19m 13s. Next over the line was Adam Coals with 20m 24s for 99th, with Tony Young 153rd in 22m 42s. The team was completed by Rob Sargent 208th with 27m 05s and Trevor Robinson in 211th for 27m 47s.

In the match the men finished in 9th spot in division 1.

Report - man in the bushes





SEAA Cross Country Relays



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Wormwood Scrubs *Saturday 23 October*

The SEAA Cross Country relays were held on an unseasonably warm Saturday morning at Wormwood scrubs.

41 teams had entered the men's race, which consisted of 4 laps of 4000m over a tough undulating course, including 2 teams from Ilford AC.

The SEAA consists of the very best runners in the south of England so it was always going to be a tough challenge for our teams. The challenge was made even harder when none of our registered runners turned up.

** NOT sent to press !*