



## **Evensplit 5k**

*Friday 19th November*

Friday night saw Jak Wright open his winter season with the EvenSplit 5k in York, representing Ilford up north.

Despite the wind Jak ran a new PB of 16:03, an improvement of 17 seconds from his previous best, placing 8th overall and 3rd from the University of York.

## **London Cross Country Championships**

Parliament Hill

*Saturday 20th November*

After setbacks with Injuries Ilfords Ahmed Abdulle had set his comeback for this, the London Cross Country Championships. After a measured start Ahmed fought his way to catch the lead group which very early on turned into a battle between himself and Sayed Chafari of Highgate Harriers with both runners well clear of the chasing pack.

Ahmed attacked with 1k to go but just lost out by 6 seconds to his rival, finishing in 34:03, however he was delighted to receive a silver medal in such a high standard race

His next race is the highly acclaimed cross challenge in Liverpool where his aim is to qualify for the European championships.

Also representing Ilford was Seb Parris who ran a strong race to finish in a time of 44:20





## **London Youth Games**

Parliament Hill

*Saturday 20th November*

Ilford youngsters were out in force at the London Youth Games on Saturday, competing for various London Boroughs.

Resolute Ryder's racing resolve saw him compete after not making training on Thursday but bravely wanting to still race with no power in his legs. He managed to finish a credible 183rd in the U13 age category.

Sofia Crane, a member of the newly formed development squad, represented Redbridge and was running in her first competitive race (u11). She ran strongly for 145th place.

In the U15s category Samuel Crane, running for Redbridge, came through the field to finish 88th. He was pleased with his position.

The outstanding performance of the day saw Joseph Grange representing Havering win bronze. After being pushed over at the start and being one of the last runners to make it to the top of the famous first hill (Parliament hill), he battled hard to eventually catch the leaders. As Joseph slipped his way into 2nd spot, it was unfortunately too little too late and he was out-sprinted on the last bend to finish a very commendable 3rd place, securing him a podium finish position in a championship race.

In the U17s category we had Ronan Edwards who got out well, tackling the iconic hills strongly. He lost a few places on the second lap, pulling a few back on the downhill run into the finish to come 40th out of 117, his best London Youth Games result yet.







## **London Universities Indoor Champs**

Lee Valley

*Saturday 20th November*

Jordan Hinds, who is now in her last year at Queen Mary University, entered the London Universities championship last weekend.

Jordan's entry for the race had been handled by her university, and they forgot to put her time down, which meant she was seeded 11th of the 12 entered athletes, and had to run in the slower second heat. The first became a battle between 3 athletes and the winning time was 2.24.19.

Jordan went straight to the front in heat two and by the end of the first 200m lap in 34 seconds she was well clear, she continued to work from the front reaching 400m in 70 seconds and 600m in 1 minute 45 seconds. Having been in front the whole race, Jordan began to tire a bit on the last lap, but crossed the line in 2.24.11 an indoor pb by more than 7 seconds and more significantly faster than the first heat. After a long wait she was finally handed the gold medal, and this became her second indoor title, after previously winning the Essex U20 800m in 2019

## **Chelmsford 10k Road Race (incorporating the Essex 10k Championship)**

*Sunday 21st November*

On Sunday in extremely Windy and Blustery conditions over an undulating Single Lap Country Lane Course a Small contingent of Ilford AC runners ran the Annual Chelmsford 10Km Road Race which Incorporated The Essex County Championships.

The club was led home by the dependable Malcolm Muir in 31st place in a time of 35:46. Chasing Malcolm all the way and finishing with a big PB of 36:18 was 16 year old Ryan Holeyman in 34th place. Ryan had bragging rights at home that evening as his dad, Danny, was the next Ilford runner home in 47th place in 37:15.

Just one second and one place behind Danny Holeyman was Stephen Philcox who grabbed himself an Essex Bronze medal in the M50 Category

Next home, continuing his remarkable medal winning season was Terry Knightley in 62nd



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place for 38:12. Terry not only secured another Essex Gold v60 medal but also won the Essex County road running Grand Prix prize for 2021. A remarkable achievement in its own right but it also means that Terry has now won the Essex County Road Running Grand Prix Series in all the age Categories as a Senior Male, MV40, MV50 and Now as a MV60.

Next two Ilford runners home were John Crawley (79th 39:42) and Adam Coals (111th 43:16) who both had great races.

Sharon Honey, finishing in 240th place in a time of 53:25 picked up her first Essex County medal for over 25 years winning Bronze in the F60 category - a remarkable achievement.

Carol Muir completed the squad finishing 312th in a time of 1:00:37





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### **BMAF 10km Championships**

Gravesend Cyclopark

*Sunday 22 November*

On a crisp Sunday morning the British Master 10km Championships took place over a rolling but fast 4 lap course at the Gravesend Cyclopath in Kent.

Ilford AC had 10 athletes in the field and they were led home by Carlie Qirem who finished 89th in the field setting a new best time for the distance by nearly 2 minutes of 42m 19s. This performance earned her the national bronze medal for 3rd spot.

The next four Ilford athletes also set new personal bests with Dennis Briggs 96th in 43m 05s, Tony Young recorded 45m 25s in 114th, Gaye Young 130th in 47m 27s, with Hannah Sheikh was one place behind with 47m 40s

Julia Galea was 4th in the F45 category in 60m 20s while Launa Broadley came home 172nd with 64m 28s

Three of the club's more senior athletes combined to take the bronze team medal in the M65 age group. Andy Catton led the team in 129th overall with 47m 20s and was supported by Ernie Forsyth in 165th in 56m 28s with Rob Sargent following him over the line with 58m 01s,

A good morning's work for Ilford AC



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## **Eastern Counties Cross Country Championships**

Horseheath Cambridge

*Saturday 20th November*

Trevor Robinson was Ilfords only entrant at the Eastern Counties Cross Country Champs on Saturday. On a bitterly cold morning and a horrendously hilly 7.5 mile course which included a river that had to be crossed, Trevor gave a good account of himself to finish in a time of 73 minutes



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