



Press Report 27th December 2021

Witham (Not on) Boxing Day 5

On Bank Holiday Monday Four Intrepid Ilford AC athletes tackled The Annual Witham Boxing Day Five Miles Road Race which this year was held on the Bank Holiday Monday.

Running amongst a field of 264 other athletes around the one lap undulating country lane course in damp conditions Malcolm Muir was first home for the club in 14th position in 29 Minutes and 12 Seconds for 3rd Male Veteran Over 45.

Next home in 22nd place and smashing his personal best was Danny Holeyman in 30 Minutes and 25 Seconds and 5th Male Veteran Over 45.

Following him home and Winning The First Male Veteran Over 60 Trophy was Terry Knightley in 31 Minutes and 53 Seconds for 32nd Place.

The fourth Ilford AC Athlete to finish was Female Veteran Over 50 Carol Muir in 217th place for 48 Minutes and 34 Seconds.

All Finishers received a festive Snood/Face Mask for their efforts.











Ilford AC Boxing Day Handicap

A field of 11 runners brushed off the Turkey and Christmas hangover to toe the line for the 12th annual Ilford AC Boxing day handicap.

The route is 3.3 miles through the hills and mud of Hainault Forest and forms one lap of the clubs own 10 mile championships

This year's winner was Aaron Hick meaning a member of the Hick family has now won the title 5 times in the last six years.



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Aaron finished in a time of 37:02 off of a 13 min handicap, just 4 seconds in front of Steven Philcox. Steven however had the honour of completing the course in the fastest NETT time completing the 3.3 mile course in 22:06 off of a 15 min handicap.

First lady home was Julia Galea running a nett time of 36:51, with her 5 min handicap giving her a time of 41:51

FULL RESULTS

	Handicap time	Handicap	Nett time
1 Aaron Hick	37 02	13	24 02
2 Steve Philcox	37 06	15	22 06
3 Wayne Hick	37 57	12	25 57
4 Steve Crane	38 05	12	26 05
5 Rhys Edwards	39 01	16	23 01
6 Jim Tilbrook	41 25		41 25
7 Denis Briggs	41 37	13	28 37
8 Julia Galea	41 51	5	36 51
9 Billy Green	41 52	5	36 52
10 Gaye Young	43 00	9	34 00
11 Danny Holeyman	43 50	18	25 50





