



ESSEX CROSS COUNTRY LEAGUE

Hainault Forest

Saturday 22 January

On Saturday, Ilford AC hosted an Essex Cross County League match for the first time in over 30 years. The match, the penultimate race of this winter's Essex League, was held over a tough muddy and hilly course at Hainault Forest.

First race of the day saw the U13 boys race 3k, with Ryder Islam racing well for 10th place in a time of 13:39.

Next up was the U15 boys racing over 4k with Ilford AC having 3 runners. Joseph Grange was always up with the leading pack and did well coming home in 6th place in a time of 16:27. Joseph was closely followed by Samuel Crane in 18th place for 17:54 and Aaron Hick in 23rd in 18:30

The Senior ladies raced over 6km and the Ilford squad was led home by Jordan Hines, in her first year of senior competition, in 13th place with a time of 28min 32 secs. Backing her up in 16th spot was Amy Louise Bird, in her first outing this winter, in 28mins 50 secs and Anna Crawley in 21st with 29m 25s. Carlie Qirem closed the scorers in 26th with 30m 56s.

The team won the division 2 match, their 3rd victory this season, and now have an unassailable lead and will be promoted to the top league for next season.

Next home was Alison Sale in 33rd spot, and 2nd in the F55 category, in 32m 11 while Bree Nordin placed 47th, which gave her 2nd in the f65 grouping, with 33m 30s. Hannah Sheikh came home in 35m 29s for place 57 and Sharon Honey recorded 39m 13s in 77th. Frieda Keane, who is having a good season in the country, was one place further back with 39m 30s. Julia Galea completed the Ilford Ladies squad in 80th and was 3rd in the F65 category.

Ahmed Abdulle won the mens 8.5km race for the club.

He took control of the race early on and was in impressive form taking the race in 28m 23s. Malcolm Muir gave 100% to come home 29th and 2nd in the M45 age group with 33m 19s. Racing for the seniors for the first time Farris Vakil placed 48th in 35m 06 secs, one place and two seconds in front of Gary Coombes who was the 3rd M45 home. Steve Philcox won the M55 category in 35m 56s for 56th overall and another of Ilford's young prospects Dylan Harrod was 59th in 36m 05s.



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Completing the squad and racing well over the tough course were John Crawley (68th 36.54) Danny Holeyman (69th 37.17) Diarmuid Mac Donnell (82th 39.36) Terry Knightley (84th 39.45) Steve Crane (101th 41.51) Wayne Hick (118th 44.06) and Steve Cheal (145th 50.13)

In the match Ilford placed 4th and sit 5th in the Division 1 of the Senior Mens League

In the individual tables Ilford have a number of runners in the top positions;

Jordan Hinds is 7th the Senior Ladies with Carlie Qirem 10th

Alison Sale is 2nd in the F55 Category with Frieda Keane 7th in the same category.

Hannah Sheikh is 8th in the F45 grouping.

For the men Gary Coombes in 2nd, Malcolm Muir 3rd and Dan Holeyman 5th in the M45 age category and Terry Knightley 2nd in the m60 category. Steve Cheal is 8th in the M60 age group.









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Farnborough Winter Half

Saturday 22nd January

The Farnborough Winter Half is a fast, flat, traffic-free route; that starts under the historic Airship Hangar alongside Farnborough Airport and takes you on a delightful semi-rural loop around Farnborough and its surrounding areas.



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Representing Ilford AC in her debut season for the club was Joanne Reeves who ran an impressive personal best over the distance to finish in a time of 1hr 33mins 46 seconds which placed her 6th in the F40 category.

