



Press Report 9th February 2021

Chingford League 5

Victoria Park

Saturday 5 February

The Chingford League continued at Victoria Park on Saturday over the usual 2 lap figure of 8 fast flat course in good conditions.

In the first race of the morning Ilford AC fielded 7 youngsters, 6 of whom were racing for the first time after the club set up a foundation group late last year.

The U11's ran 2k with Ilfords youngsters recording Tyran Singh Pabla 8.28 24th, Noah Crawley 8.31 25th, Corey Rughoo 9.30 28th, Sofia Crane 9.42 32nd, Kayla Ayertey 9:53 35th and Ruby Moffat 9:59 35th.

In the U13 boys which was over 3k Ryder Islam, already a regular for the club, ran an impressive 12:43 for 3rd place whilst another making his debut was Jayden McDermott finishing 20th in 17:15



In the main race of the day Ilford Ac Seniors had a large squad of 18 in action, who between them set 7 new personal best times.

Gary Coombes headed the team in 21st spot in a new best time for the distance of 27m 36s with Dan Holeyman also setting a new personal best of 29m 52s in 57th.

Sam Rahman returned from injury to finish 69th with 30m 21s and Diarmuid Mac Donnell, who is working towards the Boston Marathon, placed 80th with 30m 58s.

John Crawley came home 92nd in 32m 32s while Steve Crane closed the team scorers in 125th in a time of 32m 56s.

In the division one match Ilford finished 5th.



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Dennis Briggs was 198th in a field of over 400 in 35m 41s and Tony Young was another with a new personal best of 36m 26s in 222nd.

Other Ilford men in action were: Andy Catton (227th 36.43) Trevor Robinson (385th 45.51) Rob Sargent (387th 45.54)

The Ilford Ladies were led home by team Captain Carlie Qirem 152nd overall with a new best time of 33m 47 and Joanne Reeves recorded a new best time by over 3 minutes in 160th of 34m 05s.

There was personal bests for Gaye Young of 37m 57s in 256th and Alison Sale by over 2 minutes of 38m 36s in 268th. Hannah Sheikh recorded 39m 06s in 282th and the final scoring runner for the team was Pauline Tester in 313th with 40m 13s. In their Division 1 match the ladies finished 6th.

The only other Ilford lady in action was Frieda Keane who put in a strong run to record 45m 45s in 383rd



