



ILFORD CLEAN UP IN THE MUD

Ilford AC 10 Mile Cross Country Championship

Hainault Forest

February 13th 2022

On Sunday Ilford AC hosted their winter showcase 10-mile cross country event on a cold February morning. Runners were treated to the thick mud and hills that characterises most of the 3.3-mile course which is negotiated 3 times.

Ilford's men totally dominated the race providing 5 of the first 8 finishers.

Coming home in first place, by a margin of almost 5 minutes, was Malcolm Muir in a time of 63:48.

In third place was Stephen Philcox in 68:42 who was closely followed by Danny Holeyman in 68:54.

In 6th place and first M50 to finish was Diarmuid Mac Donnell in 74:35.

Stephen Crane ran strongly for 8th place in 76:58

Making their debuts in the clubs 10 mile champs and running well were Stephen Lacey and Ray 'Sparra' Everingham. Stephen finished in 22nd place in a time of 93:02 whilst Sparra was pleased with his time of 124:47 for 45th which placed him 1st V60M in the club champs.

Showing great consistency just 2 weeks after finishing last in the Essex League race at the same venue, Billy Green again finished last in a time 129:05

Amy Louise Bird ran a strong race and after almost 10 miles still found the energy for a sprint finish to finish first female overall and 9th in the race in a time of 79:04, just 4 seconds ahead of the second female on the day.

4th female on the day and 16th in the race was Anna Crawley in a time of 83:02.

3rd Ilford female home was Alison Sale, who is having a great season, in a time of 90:21.

Completing the ladies' squad were 2 of Ilford's most consistent and reliable runners Breege Nordin who was 23rd in a time of 93:18 and Frieda Keane who was 34th in 109:23

With the race also doubling as the clubs own 10-mile championships Gold, Silver and Bronze medals were awarded to Malcolm Muir, Stephen Philcox and Danny Holeyman for the men, and Amy Louise Bird, Anna Crawley and Alison Sale for the ladies.

In the clubs vets categories there was Gold Silver and Bronze for Malcolm Muir, Stephen Philcox and Danny Holeyman for the men and Alison Sale, Breege Nordin and Frieda Keane for the ladies

The race, although over 70 years old, is now held annually to commemorate Ilford AC stalwart Kevin Newell who unfortunately suffered a serious brain injury five years ago and now requires full-time care.

A donation will be made from the race proceeds to a suitable charity. It is not only supported and promoted by his comrades at Ilford Athletic Club but many of his friends that he has made from the local running community and throughout the county also turn up to either run, volunteer, or just cheer on the runners in tribute to Kevin.



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Essex Indoor Champs

Lea Valley



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Iford had some very good performances at day 2 of the Essex Indoor champs on Sunday.

First up was Jordan Hinds in the senior Ladies 800m, Jordan controlled the race from the front from the beginning and had already established a clear lead by the end of the first 400m. She continued to push on the second 400 and won by a clear 6 seconds in a time of 2.24. 67.

This was Jordan's first senior title.

Next up was Krystle Balogun in the Senior ladies 200m, in a closely contested race Krystle was always perfectly positioned and used her strength off the final bend to storm to victory in a an indoor pb of 26.57

Paul Grange although technically a veteran continues to show the youngsters the way in the 800m, content to let the first lap be fairly slow, he took off at the 400m point, and put in a very fast 3rd lap, which was enough to break the field. His time was an impressive 1.55.79, just outside his championship record.

Dylan Harrod ran in the U20 800m, he has been troubled by chest issues since Christmas and has missed some training, but he put in a good performance, looking really solid for the first 600m, before tiring slightly over the last 200m, to finish third, but second Essex qualified athlete in a time of 2.04.73

Oliver Blainey had to negotiate heats of the u17 men's 400m, he won his heat in a time of 53.38. He employed the same tactics in the final and although in the outside lane, he was clear by the time the break was made and continued to pull away from the field and won in an impressive 53.31, just 4/10ths outside his outdoor pb.

Alex Richards who has plagued by injuries throughout the winter showed signs of a return to form in taking 4th place in the senior men's 1500m.







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Valentines 10k

Chessington

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On Sunday a Small Squad of Ilford AC Athletes travelled to Chessington in Surrey to Contest The Valentines 10K Road Race which incorporated an England Masters Qualifying Race whereby England Vests were up grabs!

Over a One Lap Undulating Course in extremely Windy conditions amongst a huge field of 577 runners the Ilford Members all put in Sterling Performances.

First club member over the line in 120th position and Winning The First Male Veteran Over 60 Prize was Terry Knightley in 39 Minutes and 5 Seconds and this also Won him an England Vest to Compete in The Home Internationals Road Race in Bristol in September.

Next Home in 42 Minutes and 28 seconds was MV55 Veteran Steve Chissell in 183rd Position. Following him home was New Member Joel Denning in 42 Minutes 53 seconds.

First Female Finisher for Ilford was Joanna Reeves in 214th place and 43-31 and following was Dennis Briggs 248th in 45-18,

Following next was Gaye Young in 307th place in 47:48 then Club Coach Rob Sargent in 59-46 in 472nd place and then Julia Galea in 60-57 in 483rd Place.

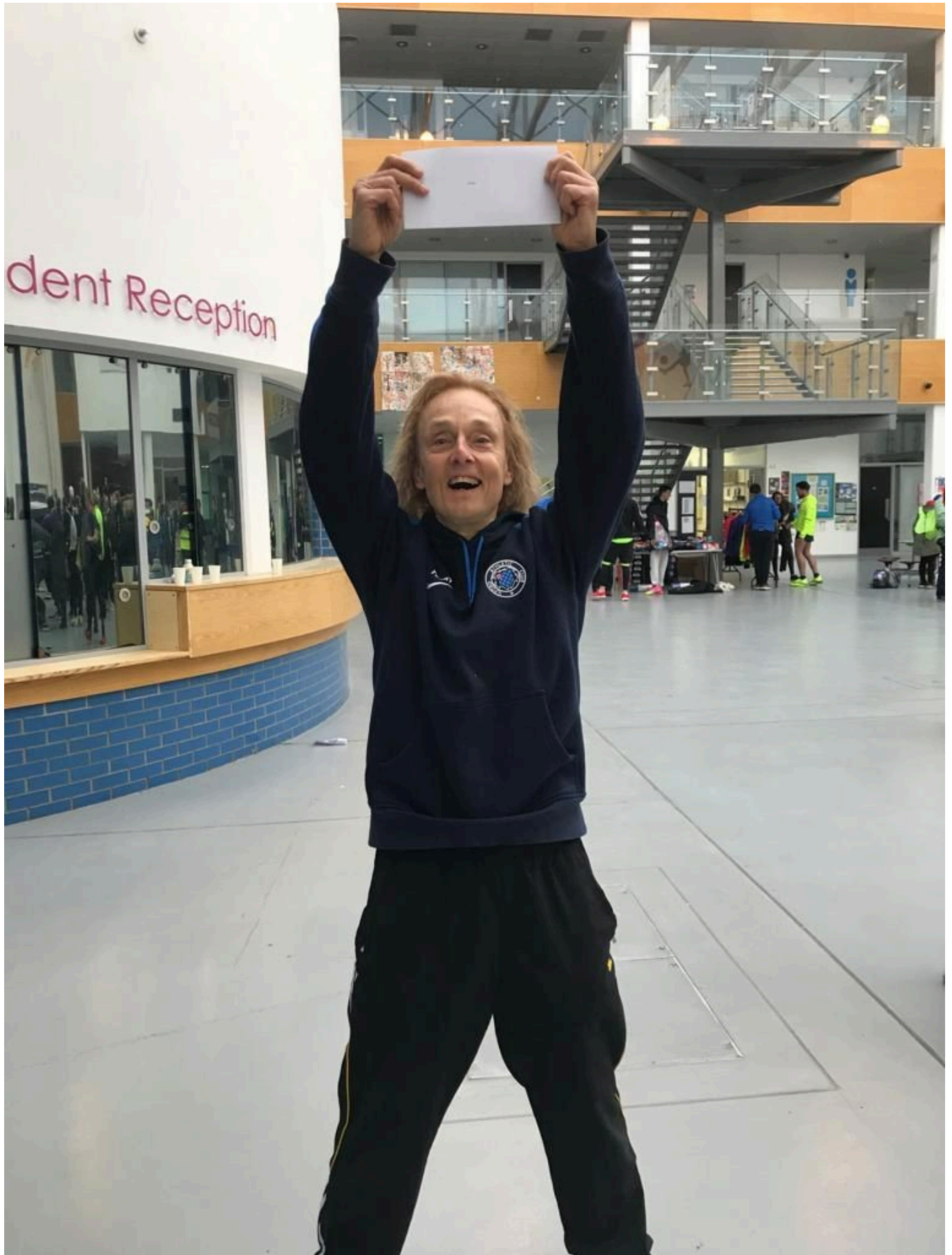
All finishers received a commemorative T-Shirt and Banana







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