



## Press Report 14th March 2022

### **2022 National InterCounties XC Champs**

*Prestwold Hall in Loughborough*

Saturday 12 March

It was a windy and muddy course that greeted athletes at Loughborough for the National Inter-Counties Cross Country Championships.

Ilford AC provided one runner on the day, Joseph Grange who was representing Essex in the U15 Boys squad, who raced over 4k.

Joseph had a great race finishing 18th on the day in a time of 14:40 and finishing in the scoring team which helped ESSEX to a Gold medal.

Later in the day Ronan Edwards represented Essex in the U17's race and ran well in the first time he had been selected for the County for a time of 26:56 over the 6k distance









## **BMAF CROSS COUNTRY CHAMPIONSHIP**

*Tonbridge*

Saturday 12 March

The British Masters Cross Country Championship was held on a challenging grassland course which was a rolling 3000m lap featuring a 50m long steep climb, Ilford Ac had a good turn out of 13 athletes in the event



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The race for the men 35-64 was over 8000m

Sam Rahman was in the M35 age group placing 115th with 37m 59s.

Malcolm Muir racing in the M45 section was the fastest Ilford runner in action on the day recording 32m 25s for 34th spot.

Also in this age category was Dan Holeyman in 92nd with 36m 29s and Trevor Robinson 173rd in 58:54

The best performance for the club came in the M50 age category where Gary Coombes came home 52nd and 4th in his age category with 33 mins 55 secs. In the same age group Richard Woolterton placed 121st with 38m 28 and Diarmuid Mac Donnell 129th in 39m 11s.

There were two Ilford athletes in the M60 group with Terry Knightley coming home 125th in 38m 48s and Steve Cheal 170th with 47m 54s.

In the team events Ilford placed 6th in the M35-44 category and 5th in the M45-54

The men over 65 and ladies raced 6000m with long time club member Andy Catton coming home 63rd with 31m 34s. He was supported by Ernie Forsyth with 37m 42m for 108th and Rob Sargent in 122nd with 42:34.

In the M65 team standings Ilford placed 6th.

There were also 2 Ilford ladies in action with Carlie Qirem finishing 66th in 31m 5 and Gaye Young recorded 34m 51s for 91st









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## RACE WALKING

### A WEEKEND OF TWO PERSONAL BESTS

Iford AC contested Race 3 in the 2022 Enfield Walking League on Saturday morning, held over 5 x 1 mile circuits inside Enfield's King George V Playing Fields.

It proved a red letter day for recent signing John Arthur who continued his improving form by claiming a personal best time of 50 minutes and 31 seconds for a 5 miles' journey, which secured him, 8th position in a good standard men's race.

Just a position behind in 9th spot was Walking Section coach Stuart Bennett, who clocked 52.01 but was keeping his power dry for an event the following day.

In a ladies 4miles' race Shaeda Arthur completed this distance for a first time with 69.11 on the stopwatch.

On Sunday an Inter-Area Representative Match was held at Lee Valley Indoor Arena, which



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saw an Ilford AC double 2nd as Rachel Lawless filled that place in the Women's 50 age group 2,000 metres' walk clocking a personal best 11 minutes and 56 seconds. Also placed 2nd, in the men's 50 age group and over the same distance, Bennett was timed at 11.46.