



Ilford AC Press Report 21st March 2022

Ilford AC had representation across the age groups this weekend with good success

English Schools Cross Country

Hop Farm, Kent

Saturday 19th March

Joseph Grange rounded off his great cross country season with another fine run at the English Schools Cross Country champs held at Hop Farm in Kent at the weekend .

Joseph was running in the intermediate boys category, which meant he was running against athletes a school year older than himself, so even making the team was an excellent achievement.

Not content with just making the team Joseph had a great run finishing 41st out of 325 runners and he was 3rd man home for Essex, who took an excellent 9th place in the team event.



Victoria Park Open 5

Victoria Park Hackney

Saturday 19th March

This long established race that takes in a figure of 8 course around Hackney's Victoria Park was being held for the first time for a couple of years and 135 runners took advantage of the fine weather to celebrate its return. Amongst them was Ilford AC's **Gary Coombes** who, taking part in his first Road Race as a V50, celebrated in style with a V50 Gold medal in a



Ilford AC Press Report 21st March 2022

time of 27 mins 29 secs to finish 22nd overall.



Ilford AC Press Report 21st March 2022





Ilford AC Press Report 21st March 2022

Before the Seniors race two Junior races were held, and Ilford AC's foundation group were again out in force accompanied by coach and mentor Ernie Forsyth.

The U11 's raced over 1 mile and was led home by Ernie's grandson **Zac Forsyth** (6 yrs old) in 4th place in 9:03. Zac was backed up by (age in brackets) **Noah Crawley** (8) 6th place 9:13, **Sofia Crane** (11) 9th place and 2nd girl 9:48, **Jude Crawley** (6) 10th place 10:07, **Saif Crane** (8) 9th place 10:09 and **Saavi Saxena** (9) 12th place and 3rd girl 10:16. There were 50 runners.

The U13's ran over 2.6 miles and were led home by **Tyran Pabla** (11) in 3rd place in 22:21. He was backed up by **Jayden McDermott** (12) 24:19 and **Anika Sharma** (14) 13th and first girl in 22:36. There were 25 runners.



Brentwood 5k

Sunday 20th March

As part of the Brentwood half marathon race, a 5km race is also incorporated open to all ages.

With his mum doing the half marathon, 13 year old **Ryder Islam** elected to take part in the shorter race and had a great run finishing 3rd overall, in a field of 182 runners, in a time of 18.29 secs. Nearly 2 minutes faster than when he last ran the course.





BRENTWOOD HALF MARATHON

Sunday 20 March

The 40th anniversary Brentwood half marathon was held on fine sunny morning on the usual route from Brentwood town centre on an undulating course in the Essex countryside before returning to the town. This popular race had over 1500 finishers this year

The first runner home from Ilford Ac was **Diarmuid Mac Donnell** in 94th place in a new personal best time of 1hr 27mins 50secs. he placed 8th in the M50 category and looks on target for a good time in the upcoming Boston marathon. He was followed home by **Steve Chissell** who showed improved form finishing in 1 hour 33 mins 37secs for 167th and 6th in the M55 age group. **Adam Coals** also ran a new best time for the distance of 1hr 38 mins 01 secs for 263th. **Bre Nordin** recorded 1hr 40 mins 28secs in 326th . She placed 38th in the female race and was the first home in the F65 category. Finishing 3rd in the same grouping was **Julia Galea** in 2hrs 13 mins 23 secs.

British Trail Running Championship - Short course

Forest of Dean

Sun 20th March

This was the first time the trail championships has been held since the covid 19 pandemic. The short race is a standard half marathon in distance and is backed up by further trail championships to a distance of 86 miles (ultra championship later in the year).

The short distance championship was run in conjunction with the forest of dean trail half marathon. Starting on the road adjacent to the Speech House Hotel in the heart of the forest, the course then leaves the road to follow a loop of forest trails (with inclines) before eventually leading back to the Speech House Hotel for the finish.

Ilford AC's senior team athlete, Sebastian Parris, took part in the British championships finishing in 19th place from a field of 1149. He Recorded a time of 1 hour 24 mins 21 seconds. The Top 50 finishers took home a t-shirt.



Ilford AC Press Report 21st March 2022

Fun fact...the winner, Ben Robinson, holds the world record for fastest canicross 5km (that's strapped to a dog) clocking 12 minutes!

