



Essex County Relay Championships

Colchester

Sunday 10th April

Ilford ACs U15s road relay team produced an inspired performance in the Essex Road relays on Sunday to win the Bronze medal.

Ilford's team was made up of Aaron Hick and Samuel Crane, who both have a year left in the age group, as well as Joseph Grange, who has had a great X country season in 2022

Aaron ran a great first leg to come home in 6th and keep the team in contention, with an excellent time for 2.5k of 9.19. Aaron handed over to Samuel ,who as usual gave everything and bring Ilford into 5th position with a time of 9.43. On the last leg Joseph went off at such a pace that he caught up the 4th placed athlete very quickly. At the end of the first lap Joseph was still running at an outstanding pace and passed the Southend boy with about 800 m to go and eventually brought the team home for a deserved Bronze medal. Josephs last lap run was given fastest Junior time of the day with a superb time of 7.48 which wins him a Gold medal.

Great performances from the Young Ilford team



In the Men's Seniors race Paul Grange, Jak Wright, Bradley Deacon and Ahmed Abdulle ran a combined time of 59m 45s for their 4 x 3m efforts. Despite a great effort the team missed out on a Bronze medal by just 11



Press Report 12th April 2022

seconds.

However, Ahmed did secure the fastest Senior lap of the day, making it a double for Ilford in the Juniors and Seniors, completing his 3 miles in an incredible 13 minutes and 36 seconds. Again, this secures him a Gold medal

All other Senior races on the day consisted of teams of three, running 3 miles each.

Ilford MV40 team No1 put in a fine account of themselves with Fabrizio Stefanoni, Richard Woolterton and Gary Coombes scoring 50m 29s for 6th place

Ilford MV40 team No2 was incomplete but both Dennis Briggs and Steve Crane put in good efforts to run anyway and combined for a time of 39m 50s for 6 miles.

Our FV50 ladies consisted of Gaye Young, Frieda Keane and Alison Sale secured a time of 1hr 10m 59s for 4th place, just missing out on a Bronze

Our FV60 ladies were particularly unfortunate. Both Sharon Honey and Diane Crisp ran excellent legs recording 50m 33s between them. Unfortunately for them the lady he was due to run 3rd had to pull out on the morning of the event with Covid, and with her expected time the team would easily have secured Silver and quite possibly Gold.







VAC 5km

Battersea Park

Tuesday 5 April

The first Tuesday night race of the year staged by the Veterans AC in Battersea Park was over 5km on the usual two lap flat course. There were three athletes from Ilford AC in the field with Dan Holeyman showing good form coming home in 17th spot in 17mins 57 secs.

Rob Sargent finished 72nd in 29mins 18 secs with Launa Broadley 74th and 3rd in the W50 age group in 32.11



Press Report 12th April 2022







