



## Press Report 13th September 2022

### **Pleshey Half Marathon (incorporating the Essex Champs)**

Pleshey

11th September 2022

The Essex Championship was once again staged in conjunction with the Pleshey Half Marathon and was preceded with a minutes reflection in memory of the recent passing of The Queen.

The race from the picturesque village is over a rolling hilly course and conditions were made more difficult on the day due to unseasonable hot weather

It was a successful day for Ilford AC with the club winning five county medals and a new personal bests for the distance.

Amin Koikai led the way for the Ilford team with an excellent 21st place in 1hr 16 mins 49 secs, the performance winning him Essex Gold in the M50 age group.

Backing him up were Diarmuid MacDonnell in 71st place in 1hr 27 mins 45 secs and Terry Knightly in 82nd place in 1 hr 28 mins 37 secs which earned Terry a Bronze Medal in the M60 age group

Just three places behind Terry was Stephen Philcox in a time of 1 hr 29 mins 11 secs earning him a Silver Medal in the M55 age group

Backing the team up were Richard Woolterton 88th 1:29:26, Joel Denning 108th 1:34:36, Dennis Briggs 127th 1:37:36, and Ray 'Sparra' Everingham 297th 2:16:23

Leading the lady's home with an excellent run for 144th place was Joanne Reeves in a time of 1 hr 40 mins 22 secs which earned her an Essex Silver Medal in the F45 category.

Backing her up with excellent runs were Gaye Young 200th in 1 hr 50 mins 41 secs, Alison Sale 257th in 2 hours and 24 secs and Mandy Reid 274th in 2 hr 7 mins 29 secs.

Next home was Julia Galea who earned herself a Bronze medal in the F65 age group coming home in 302nd place in 2 hrs 18 mins and 3 sec, followed by the ever reliable Frieda Keane just one place and 15 seconds later.

Closing the team with a new personal best over the distance was Lana Broadley in 308th place in 2 hrs 21 mins 44 secs. Launa dedicated her run and PB in memory of Her Majesty The Queen and wore a Union Jack bandana for the run

### **Great North Run**

Sunday 11th September 2021

57,000 determined and dedicated runners make the Great North Run the World's biggest and best half marathon - famous for its warm North East welcome, unbeatable atmosphere and the millions raised for good causes, this year the route returned to its original course after alterations were introduced for Covid measures in 2021



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Ilford AC put forward two runners. Stephen Lacey achieved a new personal best over the distance finishing in 1 hour 48 minutes and 28 seconds and our very own Geordie, Great north run regular Anthony Young, racing in his native Newcastle and finishing in a time of 2 hours 15 minutes and 53 seconds





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