



Press Report 20th September 2022

Ingatestone 5

Sunday 18th September 2022

There were 6 Ilford AC runners in this long established race.

The race takes place on a challenging course starting from the Anglo-European school in Willow Green, taking in Fryerning and a challenging Beggar Hill before heading back to the finish at the back of the school.

First home for the team was Steve Philcox in 8th spot with 29 mins 37 secs which placed him first in the M50 category title.

Next home, and first for our ladies was Mel Jones in 56th with 37 mins 52 secs, to also claim first place in the F50 category.

Alison Sale was next for the ladies in 66th overall with 38 mins 53 secs. Next home was Frieda Keane in 113th place in 47 mins 31 secs, closely followed by Launa Broadley closing the team in 117th place in a time of 47 mins 58 secs. The ladies finished 3rd on the day.

Backing up the team, finishing in 122nd place in a time of 48 mins 56 seconds was Carol Muir

This charity race has strong links with Ilford AC, being founded by Ilford Legend Howard Williams to raise money for Ingatestone Boys Club. Sadly Howard passed away in 2017, but nevertheless every year a willing team of Club volunteers keep Howard's legacy by providing a team to administer the on the day entries and results service. Special mention therefore goes to the team of Martin Clarke, Danny Holeyman, Carlie Qirem, Ernie Forsyth, Satha Alaga, Declan and Ethne Cullen, and Billy Green









