



Press Report 8th November 2022

CHINGFORD LEAGUE

Redbridge Cycle Circuit

Tuesday 1 November

The latest round of the Chingford League was held at a raining Redbridge Cycle Circuit at Hainault. Ilford Ac had teams in both the mens and ladies division two matches over a 3 lap race on the hilly circuit.

The Ilford ladies were in good form with Neringa Aidietyte coming home in 1st place in the Division 2 match in 19 mins 18 secs and Jordan Hinds running well in second in 20 mins 12 secs.

Joanne Reeves placed 11th and 2nd in the F40 category in 23 mins 04 secs with Gaye Young taking the F50 grouping honours in 14th with 24 mins 24 secs.

Alison Sale was 15th in 24 mins 28 secs and Sharon Honey closed the scorers in 28th in the division with 26 mins 56 secs.

Also in action were Julia Galea (33rd 29.32 Launa Bradley 37th 30.26) and Pauline Tester 38th 30.28)

In the division two match Ilford finished in 1st place and are currently 6th in the table.

The Ilford men were led home by Richard Woolterton in 9th spot in 19 mins 20 secs with Diarmuid Mac Donnell one place back in 19 mins 34 secs. Joel Denning impressed in 11th with 20 mins 03 secs and Brian Fry recorded 21 mins 33 secs for 25th.

Dennis Briigs finished in 21 mins 58 secs for 27th and Bradley Brown was the last of the team scorers in 41st with 24 mins 20 secs. Also turning out for the club were Sean Costello (44 25.03 Jim Tilbrook 50th 25.487) Ray Everingham 65th 29.31)

In their match the men took 3rd spot and are also 6th in division 2.



INTER CLUB VETS MATCH

Loughton

Saturday 5th November

The annual match for runners over 40 took place at Loughton on the Roding Valley Country Park on Saturday. The rain held off for the event but the mainly grassland course was wet.

Ilford had a small squad in action with Diarmuid Mac Donnell first home for the club in 14th with 33 mins 01 secs for the 4.8 mile course. Joel Denning came in 24th with 35 mins 26 secs and Ed Skinner finished 55th in 42 mins 12 secs. Jim Tilbrook continued his return from injury with a fine run in 44 mins exactly for 64th.

Joanne Reeves was the only Ilford lady in action placing 10th in the female race in 38 mins 38 secs

Ilford were 5th in the match



Billericay 10k

Sunday 6th November

A Quartet of Ilford Athletic Club Members braved absolutely horrendously wet conditions on Sunday in the Annual Billericay Striders 10K Road Race.

The rain was torrential throughout the race and large parts of the course were literally ankle deep in water for large parts of the route slowing runners down dramatically !

First home for the club amongst a field of over 500 other athletes was Terry Knightley In 41 minutes and 54 seconds for 74th position and 3rd Male Veteran over 60.

Next home was Adam Coals in 138th place in 45 Minutes and 43 Seconds for 37th Male Veteran Over 40.

Alison Sale led the duo of Ilford Ladies home in 252nd place in 51 minutes and 52 seconds for 8th position in



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the Female Veteran Over 50 Category.

Next in was Julia Galea in 457th place and 4th Female Veteran Over 60 in 61 Minutes and 32 Seconds.

All Survivors were rewarded with an Eco-Friendly Medal and a Mars Bar for their exploits !





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