Ilford AC Boxing Day Handicap
Hainault Forest
26th December 2022
A field of 16 runners brushed off the Turkey and Christmas hangover to toe the line for the 13th annual Ilford AC Boxing day handicap.
The route is 3.3 miles through the hills and mud of Hainault Forest and forms one lap of the clubs own 10 mile championships
Each runner is given a handicap based on their previous form over the year, as chosen by club President Gary Floate

This years winner was Danny Holeyman who ran the course in 24:45 off of a 10 minute handicap giving him a Nett time of 34:45, just a second ahead of Neil Crisp and 56 seconds ahead of third place Dennis Briggs, both who also ran off of a 10 minute handicap.
For the second year running Julia Galea was the first lady home, running off scratch and finishing in 36 minutes exactly.
Handicap aside the actual finishing times were as follows (unfortunately Jordan Hinds and Samuel Crane went off course and are excluded from the results!)

1 Ronan Edwards 20 58

2 Steve Philcox 21 24

3 Aaron Hick 22 5

4 Danny Holeyman 24 45

5 Neil Crisp 24 45

6 Alfie Hick 25 7

7 Steve Crane 25 41

8 Dennis Brggs 25 41

9 Wayne Hick 26 36

10 George Hick 27 54

11 Charlie Hick 29 51

12 Di Crisp 34 40

13 Julia Galea 36

14 Doris Gaga 37 42

ILFORD CLEAN UP IN THE MUD

Ilford AC 10 Mile Cross Country Championship
Hainault Forest
December 27th 2022

On Tuesday Ilford AC hosted their winter showcase 10-mile cross country event on a pleasantly mild December morning.
Runners were treated to the thick mud and hills that characterizes most of the 3.3-mile course which is negotiated 3 times.

Ilford's men totally dominated the race providing 7 of the first 10 finishers.

Coming home in first place was Joseph Grange in 59:16 followed by Alex Richards in 2nd place in 59:48 and Tom Gardner in 3rd in 60:45.
In 5th was Paul Grange in 63:47, 6th Malcolm Muir in 65:01, 8th Stephen Philcox 67:35 and Fabrizio Stefanoni in 9th in 67:42.

First lady home by a margin of almost 8 minutes was Ilfords Neringa Masilioniene in 11th place in a very impressive 67:42.

The next 3 Ilford females home were Alison Sale 43rd 91:45, Gaye Young 46th 93:42 and Pauline Tester 93:55.

Also finishing the tough course for the club were:-
Richard Woolterton 14th 74:26, Stephen Crane 16th 75:28, Daniel Holeyman 24th 80:18, Terry Knightley 26th 81:10, Bradley Brown 33rd 88:11, Stephen Lacey 37th 89:24, Sean Costello 100:29, Sharon Honey 53rd 100:35, Mandy Ried 54th 101:47, Ramen 62nd 112:21, Ray 'Sparra' Everingham 64th 115:55, Julia Galea 65th 115:59 and Frieda Keane 66th 116:34

With the race also doubling as the clubs own 10-mile championships Gold, Silver and Bronze medals were awarded to Joseph Grange, Alex Richards and Tom Gardner for the men, and Neringa Masilioniene, Alison Sale and Gaye Young for the ladies.

In the clubs vets categories there were Gold medals in the V40, V50 and V60 categories for Paul Grange, Stephen Philcox and Terry Knightley for the men and in the same categories Gold medals were won by Mandy Reid, Alison Sale and Sharon Honey for the women.

LAST FRIDAY OF THE MONTH 5Km
Hyde Park
30th December 2022

Four runners from Ilford AC ended their year with an outing in the Serpentine Runners Last Friday of the Month 5km on a two lap course in London' s Hyde Park.
First to finish from the quartet was Joel Denning in 51st and 4th in the M45 age group in 19 mins 58 secs. Next home was Joanne Reeves with 22 mins 30 secs for 104th overall and 3rd in the F45 category.
Rob Sargent came home 167th in 29 mins 16 secs and Carol Muir completed the squad in 31 mins 57 secs for 180th.

In other races over the Christmas period Malcolm Muir was the only Ilford entrant in the Witham Boxing Day 5m race finishing in 18th place in a time of 29:02 and Diarmuid MacDonnell competed in the Wicklow Boxing Day 5k race finishing in a time of 19:02 for 41st place