



## **REGENTS PARK 10KM**

Sunday 8th January

The Regents Park 10km is held over 3 twisty laps on the paths in the Park.

This year the race incorporated selection for the England Masters team to race in Chester later in the year and was of a good standard in all age groups.

Ilford Ac had a team of 10 in this event with Joel Denning leading the team home despite taking a fall towards the end of the race. He finished 68th overall in 42 mins 19 secs with Dennis Briggs 91st in 45 mins 06 secs.

Jo Reeves was the pick of the ladies team in 97th overall and 33rd female with 45 mins 26 secs, with Hannah Sheikh recording 119th overall and 42nd female with 48 mins 41 secs and Gaye Young 123rd and 44th in the ladies race with 49 mins exactly.

Sean Costello in his first competitive 10km finished in 50 mins 04 secs whilst Mandy Reid improved her personal best over the distance to 54 mins 23 secs.

Rob Sargent came home in 59 mins 48 secs closely followed by Batmanaden Ramen, also making his 10km debut, in 60 mins 41 seconds and Doris Gaga in 65 mins 01 secs.



## **Mercury 10**

Epping Forest

Saturday 14th January

Saturday morning saw the 100th running of the Mercury 10 in Epping Forest.

Incorporating tough muddy hills the race, whilst picturesque in places, is a real challenge for runners. Ilford's sole representative Mandy Reid, however, was up for the challenge and continued her outstanding season so far with a gritty performance to finish in 1 hr 51 mins 22 secs for 127th place.









## Press Report 17th January 2022

### **Benfleet 15**

Sunday 15th Jan

Terry Knightley was the sole Ilford AC representative at the 35th Annual Benfleet 15 Miles Multi-Terrain Race.

The race was held over the unbelievably challenging and Hilly Haldleigh Downs in deep thick sticky Mud and also sections of the Canvey Island Sea Wall running against a biting chilly wind.

Terry found the conditions tough but persevered and finished in 2 Hours 14 Minutes and 30 seconds for 148th place out of over 700 athletes and was 4th Male Veteran Over 60.

Every finisher was rewarded with a medal with the inscription on the side 'The Battle Of Benfleet'





