



## Press Report 24th January 2023

### **Chingford League Cross Country**

Epping Forest

*Saturday 21st January*

On a cold, icy Saturday morning, Ilford AC sent a small team to Epping Forest for the toughest Cross Country fixture in the Chingford League season, a hilly 5 miles in Epping Forest.

A race only for the hardcore runners, so much so that Ilford were unable to field a men's team.

The ladies however did the club proud with a great team performance from Alison Sale, Pauline Tester and Frieda Keane..

In the ladies 2nd division match Alison Sale was 6th home in 46 mins 56 seconds, followed by Pauline Tester in 12th place in 52 mins 31 secs and the ever reliable Frieda Keane in 21st place in 1 hr 1 minute 22 seconds.

The performance earned Ilford a 5th place spot for the ladies on the day.





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### **Farnborough Winter Half**

Saturday 21st January

The Farnborough Winter Half is a fast, flat, traffic-free route; that starts under the historic Airship Hangar alongside Farnborough Airport and takes you on a delightful semi-rural loop around Farnborough and its surrounding areas.

Ilford AC had 2 runners taking part in this years event. Both Joel Denning and Joanne Reeves put in impressive performances, continuing their fine season, with Joel coming home in 375th place, in a field of over 1700 runners in a time of 1 hr 34 mins and 15 seconds and Joanne finishing in 468th place in 1 hr 38 mins and 27 seconds





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### **MADEIRA 8Km**

Funchal, Madeira

Sunday 22 January

The European Masters Marathon Championship was held on a warm morning over a challenging course in Funchal, the capital of the island of Madeira.

Two runners from Ilford AC took part in one of the supporting races, the 8km, which was actually 8.33km. Club endurance coach laced them up for this one and recorded 49 mins 07 secs for 174th in the men's race and 11th in the M65 age category. Julia Galea had a good run winning the F65 age group by over 3 minutes in 49 mins 39 secs for 84th overall in the ladies event out of 221 finishers





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