



Chingford League Relays

The final Chingford League fixture of the season took place at Wanstead flats last weekend. Unlike the previous fixtures the final event was a 4x 3000m relay race. Ilford AC fielded four teams including one team (C team) made up entirely of U15 Athletes.

New Member Sam Horsley, an under 15, ran a great first Leg for the D team running a time of 11.45 and handing the team over in 7th place. Fabrizio Stefanoni who is returning from injury ran a solid leg for the A team in a time of 12.11 for 13th place. Aaron Hick ran 12.47 for 28th for the C team and Steve Crane 13.23 for 34th for the B team.

Wayne Hick was expecting an easy run round in mid field for the D team, but with Sam's great run he was much higher up the field than expected. Wayne completed his leg in 14.49, with the team now in 26th place. Ronan Edwards was Ilford's fastest runner of the day clocking 11.18 to move the A team up to 6th place. Samuel Crane also had a great leg clocking 11.35, and moving the C team up to 11th. Neil Crisp ran the second leg for the B team clocking a time of 13.36 to improve to 27th place.

Leg 3 saw Seb Parris run 13.02 for the A team who were now in 10th place. James Thake for the C team ran 12.42 to close in on the A team. Danny Holeyman, also returning from injury, moved the C team up to 24th place with a time of 13.36. Jim Tilbrook ran a solid 17.47 for the D team, but unfortunately there was no 4th leg runner to complete Team D.

The final leg was a family affair with father and son Berekhat Berakhy and Aron Berhe running for the A and C teams. On this occasion Berekhat won the honours and kept the A team ahead of the C team with a time of 12.31 for 10th place, with Aron running 12.55 to bring the C team home 12th. Andy Catton anchored the B team home to 29th with a time of 15.23

Although unable to run due to injury, special mention to Ryder Islam who won the U15 category for overall points for the season.

