



10,000m Essex Championships

Braintree

The Essex 10000m Championships took place last Friday in Braintree with 4 Ilford Senior males battling for honours.

In cool conditions ideal for track racing, all four run well, with 3 bringing home medals.

First home for the club was Tom Gardner in 8th place in a time of 34m 41.2s, winning Gold in the V40 Category. Next home, just 2 places behind was Malcolm Muir in 35m 59.6s who gained a Bronze medal in the V40 Category.

Richard Woolterton ran a personal best of 39m 52.7s for 14th place, a time that won him a Silver medal in the V50 grouping.

Although just outside the medal positions Danny Holeman ran a season's best time of 41m 02.9s for 16th place.











Orion 5

Epping Forest

The sixth round of the 2023 Elvis league was held in the forest at Chingford on a very wet and windy Saturday morning, over a 1 lap 5 mile challenging hilly course.

Nineteen Ilford runners braved the conditions, all putting in good performances.

First home for the club in 7th place was Sam Rahman in a time of 31m 34s, which placed him 3rd in the V40 grouping. Just one place and 4 seconds later was Stephen Philcox who was first in the V50 grouping. Next home for the club was Joshua Adler in 33m 08s for 23rd Place. In 4th place for the team was Sebastion Parris in 26th Place in 33m 11s. Completing the team of 6 were Diarmuid MacDonnell 30th 33:50, Danny Holeyman 34th. 34:07

The Ilford men were 1st on the day and currently sit 3rd in the table with two matches remaining.

Complimenting the scoring runners were Steve Chissell 52nd 36:19, Raymond Dzikowski, who won the M60 series prize 81st 38:11, Dennis Briggs 93rd 39:37, Tarik Qirem 119th 41:39, Anthony Young 134th 42:57, Sean Costello 165th 46:07 and Joe Ramen 199th 49:14

Due to injuries Ilford AC ladies could only put out 6 runners, but all represented the club well on a tough course.

First home, also claiming 1st place in the F40 grouping was Joanne Reeves in a time of 38:33 for 84th place and 10th female overall.

Next home was Carlie Qirem in a time of 39:50 for 97th place and 17th female followed by Alison Sale in 101st place in a time of 40:15 and Mandy Reid who came home in a time of 45:26 for 159th place. 5th and 6th for the scoring team were Sharon Honey in 48:09 for 190th and Doris Gaga who was 239th in 67:05

The ladies were 5th on the day and currently sit in 3rd place in the series.



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