



## **Ingatestone 5**

There were 5 Ilford AC runners in this long established race.

The race takes place on a challenging course starting from the Anglo-European school in Willow Green, taking in Fryerning and a challenging Beggar Hill before heading back to the finish at the back of the school.

First home for the team was Steve Philcox in 16th spot with 31 mins 07 secs which placed him third in the M50 category title.

Next home, and first for our ladies was Alison Sale in 68th with 39 mins 58 secs.

Mandy Reid was next for the ladies in 95th overall with 43 mins 49 secs.

Mandy was followed home by Frieda Keane in 138th place in 54 mins 45 secs, and Julie Gillender closing the team in 136th place in a time of 57 mins 57 secs.

The ladies finished 7th on the day.

This charity race has strong links with Ilford AC, being founded by Ilford Legend Howard Williams to raise money for Ingatestone Boys Club. Sadly Howard passed away in 2017, but nevertheless every year a willing team of Club volunteers keep Howard's legacy by providing a team to administer the on the day entries and results service.



## **SPITFIRE 10K**

RAF Museum Hendon

The Spitfire 10K is held at the RAF Museum in Hendon and it is to raise funds to maintain the museum that commemorates the Battle of Britain and all the men and women who defended Britain's skies during the summer of 1940.

A Nice touch is that all the runners wear the name of a Battle of Britain pilot on their backs alongside their race number on the front.

The race takes runners around the historic London aerodrome in Colindale, out onto local streets and on a 2 lap course of Sunnyhill Park, before returning and finishing through the museum, past the Spitfire, through Hangar 1 and back out onto the grounds, before crossing the finish line.

This year Billy Green was the sole Ilford Entrant finishing in a time of 53 mins 08 secs for 64th place.

Billy carried the name of Sergeant Leslie Arthur Dyke, who died aged just 22 years old on September 27th 1940



## The Vitality Big London Half

Six Ilford runners were amongst the 10,000 runners who took to the streets of the Capital in The Vitality Big London Half Marathon.

The race starts by Tower Bridge and finishes at the Cutty Sark, passing by some of the greatest sights our capital has to offer.



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First home for the club, finishing 2nd in his age category and 138th overall was Aman Koikai in 1 hr 15 mins 33 secs. First female for the club was Zuzana Sinalova in 1887th in a time of 1 hr 35 mins 05 secs and was closely followed by Steve Chissell in 1 hr 35 mins 32 secs for 1936th place.

Next home was Gemma Ellender in 3018th place in 1 hr 42 mins, closely followed by Joanne Reeves in 3066th place in 1 hr 42 mins 13 secs.

Stephen Lacey, who is in training for the Berlin Marathon in a couple of weeks came home in 1 hr 48 mins 32 secs for 4467th place



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