



CHINGFORD LEAGUE

Redbridge Cycle Circuit, Hainault

The latest round of the Chingford League was a 5km road race at the Redbridge Cycle Centre at Hog Hill Hainault. It is a hilly course, and another interesting feature of the race is that it is run in the dark in the evening.

The Juniors were the first to run over a shorter 2k course and our 4 runners all performed well. In the U11 race, Arnav Rathi was 9th in 7:51 and in the U13 race Barney Perkins was 2nd in 6:47, Khalif Ali 3rd in 6:49 and Elias Furreedan 16th in 8:37.

The U15/17 race was run over the longer 5k course and again there were good performances by our runners. Sam Horsley finished in 1st place in 16:31, with Ryder Islam coming home in 7th place for 18:51

The Ilford AC Senior teams, who are competing in division 2 this season, put in another good set of performances in their matches.

The Ilford ladies won their event with 4 runners in the top ten and Jordan Hinds taking victory in an excellent time of 19 mins 38 secs.

Gemma Ellender is also running well now and came in 3rd in 21 mins 23 secs with Carlie Qirem 6th with 22mins 04 secs. Joanne Reeves finished 10th in 22 mins 49 secs and Alison Sale 18th with 24mins 19 secs. Julia Galea completed the scoring team and Launa Broadley (46th 31:41) and Frieda Keane (48th 32:08) were also in action.

The ladies are currently 3rd in the league table.

Ilford had 13 runners in the men's race with Sam Rahman leading the way in 7th spot in 18 mins 25 secs. Josh Alder had another good race as he crossed the line 5 secs behind Rahman and Dan Holeyman was 17th in 19 mins 38 secs. Joel Denning showed improved form finishing 24th in 20 mins 35 secs. Recent recruit to the squad Tarik Qirem came home 31st with 21 mins 47 secs, and Steve Crane rounded out the scoring team in 32nd and 21 mins 46 secs

In the match the men finished 3rd and are 2nd in the division 2 table.

Also in action were: Steve Horsley (37th 22:06) Craig Livermore (38th 22:09) Steve Lacey (39th 22:13) Tony Young (52nd 24:17) Sean Costello(59th 26:05) Batmanader Ramen (65th 28:16) and Rob Sargent (68th 30:25)







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STEBBING 10 (Miles)

The Stebbing 10 took place over a rolling course from the picturesque village of Stebbing on an unseasonably mild November morning and is always held on Remembrance Sunday.

The race starts just after 11 o'clock and a short Remembrance Sunday service. Ilford AC had 3 runners on the day, with 2 achieving Personal bests over the distance.

First home for the club, with a PB was Tarik Qirem in 85th place in 1 hr 15m 05s, closely followed 5 places later by Carlie Qirem in 1hr 15m 20s.

Completing the team with the 2nd PB of the day was Alison Sale who came home in 161st place in a time of 1 hr 23m 17s





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Elsewhere two newer members to the club were in action over the weekend.

Nick West crossed the Atlantic to run the **New York City Marathon**.

He found the bridges on the course challenging and suffered from cramp in the closing stages to finish in 4hrs 30 mins 35 secs, a new best time for the distance

While Jashim Uddin ran the **half marathon at the Battersea Park Festival of Running** in 1 hr 40 mins 40 secs for 239th in his first race at the distance.





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