



## Loughton 5m Interclub Vets

The annual match for runners over 40 took place at Loughton on the Roding Valley Country Park on Saturday. The rain held off for the event but the mainly grassland course was very wet underfoot. Ilford had a squad of nine in action on the day, all performing well in challenging conditions.

Leading the club home was Seb Parris in 9th place in 36:03, closely followed by Steve Chissell in 12th for 36:41.

Next 3 men home were Tony Young in 46th place in 46:22, Edward Skinner 48th in 47:03 and Sean Costello 52nd in 48:35.

Ilford's men finished 4th on the day

Joanne Reeves was the first Ilford lady home in 32nd place and 6th lady in 41:55.

The ladies team was completed by Frieda Keane in 61st 57:48, Julia Galea 62nd in 58:19 and Launa Broadley 63rd in 58:45. In the ladies match the ladies were 23rd, 24th and 25th.

Ilford's ladies finished 5th on the day





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### **Lucerne Marathon**

Switzerland

Ifords Jack Nixon traveled to Switzerland at the weekend to participate in the Swiss City Marathon.

Jack was in the lead group and went through at Halfway in just under one hour and thirteen minutes. He found the pace a little challenging at around the 15 mile mark and lost contact with the leading 4 but kicked on in the last 5-6 miles to finish 5th in 2 hours 30 minutes and 58 seconds

### **BRIGHTON 10km**

The Brighton 10km was held Sunday on the flat fast Brighton seafront, but this year was more difficult due to a strong wind which was blowing.

Six Ilford Ac athletes traveled to the South Coast to take part..

First home for the club was Joel Denning in 341st in a field of over 2000 with 41 mins 56 secs while Terry Knightley recorded 43 mins 06 secs in 395th. Joanne Reeves ran her best race of the year to finish 74th female and 10th in the F45 age category in 44 mins 25 secs.

Rob Sargent came in 1371th with 57 mins 36 secs , his best time at the distance in 4 years . Ray 'Sparra' Everingham recorded 61 mins 54 secs and Julia Galea completed the squad in 62 mins 15 secs



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