



Press Report 12th December 2023

Ware Cup

Loughton

Saturday 9th December 2023

The Annual Ware Cup, hosted by Loughton AC was held at Roding Valley Recreation ground last Saturday. Following recent heavy rainfall the 8k course was very wet and muddy, and in some areas runners were running through puddles almost knee deep.

Despite the conditions Ilford AC had 7 athletes battling the course on the day.

In the ladies race Alison Sale led the team of 3 home in 19th position with a time of 41 mins 48 secs. Frieda Keane was next home in 35th position in 52:50, with the team completed by Launa Broadley coming home in 39th position in 1 hour and 33 seconds.

The ladies finished in 6th position on the day.

Seb Parris led the men home in 18th place with a great run in the conditions in 32 mins 54 secs.

In 26th position was Steve Chissell, coming home in 35 mins 33 secs followed by Tony Young in 43 mins 08 secs for 52nd place. The team was completed by Jim Tilbrook in 61st place in a time of 56 mins 01 secs.

The men's team finished 5th on the day.

Eton Manor won both the men's and ladies races to win the Ware Cup.







Southend 5m Rudolph Race

Southend Seafront

Sunday 10th December

Three members of Ilford AC took part with over 500 runners and athletes on Sunday in The Annual Southend 5 Miles Rudolph Race along Southend Seafront in cold conditions.

The Christmas themed event saw many entrants dressed as Santas and Elves !

Having Won The first edition of the race back in 2011, Terry Knightley this year finished in 18th position in 33minutes and 14 seconds to Win the Male Veteran Over 60 prize.

Next home was Female Veteran Over 50 Carol Muir in 53 Minutes exactly in 258th position.

Following her was Julie Gillender in 380th place in 56 minutes and 58 seconds for 22nd female veteran over 55.

All finishers received a Christmas medal and mince pie for their efforts !



