



CHINGFORD LEAGUE

Victoria Park

Saturday 3rd February

SENIORS

The 6th and penultimate round of this season's Chingford League was held at the traditional February venue of Victoria Park. The race was over 5 miles on a flat, fast figure of eight circuit of the park and Ilford AC had a large squad of 21 in action.

The Ilford Ladies race in division 2 of the league and are currently challenging for promotion to the top league.

Jordan Hinds ran a new personal best time of 32 mins 09 secs for 4th in the second tier and there was also a new best time for Anna Crawley in 7th spot with 33 mins 47 secs. Carlie Qirem placed 15th in 35 mins 32 secs with Pauline Tester recording 38 mins 52 secs for 32nd.

Alison Sale came home 35th in 39 mins 26 secs and Mandy Reid closed the scorers in 46th in 43 mins 1 secs.

There was an unexpected personal best for Launa Broadley of 47 mins 54 secs after a fine run in 63rd. Also in action for the ladies were: Dianne Crisp (55th) Frieda Keane (66th) and Julia Galea (68th)

In the match Ilford finished 4th team and with just the relay to go are placed 3rd ,1pt behind Mornington Chasers. The fixture will decide which club is promoted to division one with Barnet for next season

Best of the 11 Ilford men in action was Danny Holeyman in 20th in 30 mins 34 secs with Josh Adler recording 31 mins 03 secs one place behind on his distance debut. Next in with a new best time for the distance was Steve Chissell in 33 mins 27 secs for 31st, and Neil Crisp placed 34th in 33 mins 41 secs. Tarik Qirem was another racing the distance for the first time finishing in 34 mins 02 secs for 36th. The last scoring runner for the club was Bradley Brown in 48th with 36 mins 02 secs.

There were two other runners recording new personal bests for 5 miles; Nick West with 36 mins 06 secs and Sean Costello in 39 mins 51 secs, whilst Jim Tilbrook ran his best over the distance for many years, finishing in 77th place in a time of 40 mins 18 seconds

Also in action were: Craig Livermore (56th) Steve Crane (66th) and Ed Skinner (83rd)

Like the ladies the Ilford men were 4th in their match and as they are currently 2nd in the division will be pushing for promotion at next month's relays on Wanstead Flats.

JUNIORS

Ilford AC had 14 young athletes at the Chingford league race.

In the U13 boys race there was another 1st place for Barney Perkins in a time of 12:29, a victory that



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confirmed him as a series winner in the competition.

Teammate Khalif Ali ran an excellent race in 12.40m for a terrific 3rd place on the day and an overall 4th place in the Chingford league series.

Elias Furreedan was the next Ilford athlete to finish in a best time of 14.28m and 12th position.

Making his Ilford debut and finishing in 15th position was Daniel Guiba in a time of 15.32m.

For the U13 girls Hawaa Patel, making her debut, ran a strong race and with a fast finish managed to seal an impressive 4th place in a time of 15.07.

Ryder Islam led home the U15 boys team finishing in 2nd place in a time of 14.39m. Backing up his teammate in 5th position was Aron Berhe finishing in 15.05m.

3rd U15 athlete was ever improving Luke Thake in a good time of 18.27m

Two U15 athletes were making their debuts in this competition and both ran very well.

Ethan Guiba finished 19th position in 20.24m and Adrian Sematimba ran a steady 21.00m finishing in 20th place.

In the U15 girls race debutant Diya Kaur ran a consistent and strong race to finish in 6th place with a time of 21.10m.

In the U17 boys' race there was an impressive victory for Samuel Crane in 13:28 whilst Aaron Hick finished 4th in 15:42

Leila Lauder was Ilford's sole competitor in the U17 girls race and had an impressive victory in a time of 18.24m, an impressive improvement on last years' time of 18.45m.











CHICHESTER 10km incorporating the BRITISH MASTERS 10km CHAMPIONSHIP

Goodwood Motor Racing Circuit

Sunday 4th February

The British Masters 10km Championships took place in Sussex as part of the Chichester 10km. This race has a large strong field of over 1000 of which 241 were entered in the various age categories of the British Masters.

The race started with a lap of the Goodwood Motor Racing circuit, before going out onto the nearby country lanes to finish back at the start/finish line on the circuit.

On a dull overcast morning Joel Denning was best of the 4 Ilford AC athletes in action coming home in 40



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mins 32 secs for 18th in the M45 group, while Joanne Reeves crossed the line in 45 mins precisely to place 9th in the F45 category.

Highest placed in the age group for the club was Andy Catton in 8th in the M70s with 46 mins 17 secs and Rob Sargent completed the squad in 13th in the M65 group with 58 mins 30 secs.

The men combined as a M45 composite team and placed 5th in that category.

SOUTH OF ENGLAND INDOORS

Alex Richards continued with his impressive indoor form at the South of England champs at Lee Valley last weekend

Prior to his race in the London Champs the previous week, his pb stood at 1.58, which he reduced to 1.56.84

In the Southern Champs, he went even better. There were 3 heats and qualification was tough with only winners guaranteed to reach the final. Alex was drawn in heat 1 and made sure of his place in the final by winning his heat in an indoor pb time of 1.55.24

The final was held 3 hours later and included some sub 1.50 athletes. The pace was quick from the off, but Alex was in a great position around the tight indoor bends and was in either 3rd or 4th position to start.

Jack Higgins from Tonbridge won the race in 1.49.17, but Alex ran great 3rd and 4th laps, to not only gain 3rd, but set another pb of 1.53.23. If he can achieve a similar time outdoors he will be amongst the top 10 fastest ever Ilford athletes over 800m

RYDE 10 MILES

Isle of Wight

In a field of over 500 runners Ilford stalwart Malcolm Muir gave his usual gutsy performance to finish an impressive 20th place in a time of 1 hr 3 mins 04 secs, a time that placed him 2nd M45 on the day