



Press Report 19th March 2024

BMAF CROSS COUNTRY CHAMPIONSHIP

Corwen Wales

Saturday 16 March

The British Masters Cross Country Championship was held on a muddy course in Corwen in North Wales. Ilford AC stalwart Andy Catton was Ilford ACs sole entrant running in the 6km M70 age category event. Andy finished in 33 mins 08 secs to finish 3rd and win the bronze medal, only losing out on second spot on the run into the finish.



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ESSEX 20 MILE CHAMPIONSHIP

Carver Barracks, Saffron Walden

Sunday 17 March

The Essex 20 mile Championship was held on a flat fast 4 mile lap in light rain around the former World War II airfield next to the Carver Barracks in North Essex. The race is over 5 laps and also features an inter-county match and open competitors.

Ilford Ac had three runners, all of who will be in the London Marathon next month, in action. Leading club member was Tarik Qirem running his first 20 mile race finishing in 2 hours 35 mins 29 secs to place 198th overall and 12th in the M45 group in the Essex Championship. Next over the line was Joanne Reeves 58th female in 2 hrs 42 mins 33 secs for 5th in the F45 category. Completing the Ilford squad was Mandy Reid with 3 hrs 18 mins 32 secs for 116th in the ladies event and 11th in the F50 category



5 Mile Open

Victoria Park

Saturday 16th March

Victoria park harriers held the annual Mike Penman 5 mile Open race on Saturday.

Iford AC sole representative in the senior race, stalwart Tom Gardner, secured the Silver medal in a time of



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26.37.

James Connor of Havering claimed first place clocking a time of 24.54.

Three U11 runners made their debuts over a one mile course that saw all participants awarded medals but no times were provided.

Danielo Reina and Joshua Denning ran together for most of the race before a fine sprint finish from Danielo saw him finish in 3rd place with Joshua in fourth.

Also making her Ilford debut was D.L. Akande, who ran a fine race to finish in 7th position.

In the U13 Boys race, Barney Perkins ran a very competitive race over the 2.6km distance to finish in a time 15.53 to claim the Silver medal.

Next home was the ever improving Elias Furreedan who despite a fast finish just missed out on the medals finishing 4th in 17.31. Debutant Yori Lauder backed up his U13B teammates with 12th position clocking a time of 22.29

Closing the team was Daniel Guiba, who despite suffering stomach pains battled to finish in a time of 25.40

In the Under 15 boys race Jayden McDermott produced a fine run to earn a Silver medal in a time of 19.05 and was followed by teammate Ethan Guiba who claimed Bronze in a time of 24.54.

For the Under 15 girls race Diya Kaur claimed Gold in an impressive time of 20:30

In the U17W race Leila Lauder ran a fine PB of 17.43 to win the Gold medal

A good day for Ilford's youngsters particularly those making their debuts.







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