



Press Report 2nd July 2024

Orion Fell Race

Chingford

The Orion fell race is the only official Category 'A' fell race within the M25.

Held in Chingford at Epping Forest on an impossibly hilly course that includes over 880 ft of climb in just 3.5 miles, this is definitely a race for the more hardcore runners.

Amongst the 180 entrants were four Ilford AC runners.

Ryder Islam led the team home in 46th place in a time of 28 mins 50 secs. It was enough to secure him 1st place in the U16 category.

Next home, and third Senior female, in 99th place was Anna Crawley in a time of 34 mins 19 secs. Billy Green was next home for the club in 122nd place in 37 mins 57 secs, with the small squad completed by Jim Tilbrook in 42 mins 11 secs, which placed him 151st



Midsummer Relays

Loughton

18 Junior teams took part in the Loughton Midsummer relays, including 4 teams of 3 athletes from Ilford AC, with each lap consisting of 1.7km.



Press Report 2nd July 2024

In third place was the U11 Boys 'A' team with a combined time of 18m 58 secs, just 9 seconds short of runner up.

Team consisted of Arnav Rathi (6:32) Ewan McKinstry (6:26) Luke Adams (6:00 *and 2nd fastest lap of the night and first fastest U11 junior*)

In 4th place was the U13 Boys team, with a combined time of 19 mins 29 seconds.

The team were also the fastest U13 Boys team on the night

Team consisted of Elias Furreedan (6:45) Daniel Guiba (7:04) Khalif Ali (5:40 *and fastest lap of the night by a junior*)

In 9th place was the U11 Boys 'B' team with a combined time of 20 minutes 57 seconds

Team consisted of Stephen Amoli (7:02) Hashim Khan (7:02) Josh Denning (6:53)

And in 10th place was the U13 girls team, with a combined time of 21 mins 35 seconds

The team were also the fastest U13 Girls team on the night

Team consisted of Iris Wan (6:59) Alicia Adams (7:38) Hawaa Patel (6:58)

There was also an U15 race on the night, consisting of 4 runners, each running 2.75 km.

Teams were Boys, girls and mixed

Iford entered a mixed team that finished 2nd on the night, and 1st mixed team home finishing in a combined time of 45 minutes 50 seconds.

The team consisted of Diya Kaur (U15G 13:12 and fastest U15 girl) Ethan Guiba (U15B 11:29) Luke Thake (U15B 10:53) Barney Perkins (U15B 10:16 and fastest U15 Boy)



Press Report 2nd July 2024















Press Report 2nd July 2024