



## Ilford AC Press Report 5th November 2024

### **CHINGFORD LEAGUE**

Eastbrook End Country Park

The second round of this winter's Chingford League was held on Saturday over a new 2 lap twisty hilly course around the EastbrookEnd Country Park in Dagenham.

The event attracted 285 entrants which was split into 2 divisions for both men and ladies.

Ilford AC impressed despite only fielding small squads.

The ladies team compete in Division One

Alison Sale led the ladies home, finishing 30th in the Division 1 match in a time of 36 mins 03 seconds. Backing Alison up was Pauline Tester in 45th for 37 mins 45 seconds, a time which gained her 3rd place in her age grouping.

Frieda Keane was 71st in 44 mins 21 secs and Launa Broadley in 82nd for 48 mins 19 secs.

The team was completed by Sheila Sinclair in 88th place for a time of 53 mins 06 secs

In the match Ilford ladies finished 8th

The men compete in Division Two.

Manuel Vigo had a great race grabbing 2nd place in 27 mins 13 secs.

Coming in next in quick succession was Danny Holeyman 13th in 29:43 and second in his age grouping and Steve Chissell 17th in 30:32 which also gave him a first place in his age grouping completing the team was Bradley Brown 18th in 31:01, Mike Pekins in a time of 32:30, and Jim Tilbrook who claimed 36th place in 35:40.

Finishing just outside of the team places was Andy Catton, just one place and 8 seconds behind Jim, which placed him first in his age grouping.

Also running was Anthony Young who came home in 43rd place for a time of 37:22



# Ilford AC Press Report 5th November 2024





## Leigh-On-Sea 10k

The Leigh-On-Sea 10k is an after dark event combined to coincide with Halloween, where participants are encouraged to wear headlights.

Over 650 runners set off from The Carpark at Leigh-On-Sea and spectators were treated to a carnival of lights and even some Halloween outfits as runners raced round two tree island country park, along Marine Parade and through Old Leigh town before heading back to the station car park for a finishing line glass of prosecco.

Representing the club this year were Billy Green, Alison Sale and Frieda Keane..

Billy came home in 140th place in 53:04 followed closely by Alison in 144th, and 2nd in her age grouping, in 53:31. Frieda placed 3rd in her age grouping and 260th overall to finish in a time of 1 hour 2 minutes and 25 seconds



### **Billericay Striders 10k**

On Sunday a Dynamic Duo of Ilford AC Athletes ran in the Annual and notoriously undulating, Billericay Striders 10K Road race around the country lanes of Billericay and surrounding areas.

Amongst a huge field of around 700 runners in good conditions, Terry Knightley finished in 63rd Position overall to Win the First Male Veteran Over 60 Prize. He previously won the race outright 26 years ago !

Following him home in 506th place was Julia Galea in 64 Minutes and 2 Seconds for 9th in the Female Veterans Over 60 category.



# Ilford AC Press Report 5th November 2024





# Ilford AC Press Report 5th November 2024

