



SENIORS

STEBBING 10 (Miles)

The Stebbing 10 took place over a rolling course from the picturesque village of Stebbing on an unseasonably mild November morning and is always held on Remembrance Sunday. This year the race incorporated the Essex Championships

Starting just after 11 o'clock, there is a short Remembrance service before the race.

Iford AC had 6 runners on the day.

First home for the club in 34th place, and achieving a Gold medal in the V55 age grouping was Stephen Philcox in a time of 1:01:44. Steve was followed home by Daniel Holeyman in 50th place in 1:03:44 and Terry Knightley in 1:08:54.

Second medal of the day went to Alan Pearl who gained an Essex Bronze in the V65 age grouping, coming home in 143rd place for a time of 1:14:32.

Alison Sale led the ladies home in 275th place in a time of 1:25:23, followed by Frieda Keane in 1:40:10 for 425th place



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NEW YORK MARATHON

The New York Marathon is one of the Marathon Majors, and takes runners through all 5 Boroughs of New York. It is also the largest of the Majors, with over 55,600 finishers.

One of those finishers was Ilfords Diarmuid Mac Donnell, who ran a great time of 3 hours 18 minutes, 04 seconds

MET LEAGUE - HORSENDEN HILL 8K

The Metropolitan Cross Country League (Met League) was formed on 23 March 1966 making it one of the oldest cross-country leagues in the country.

Jim Tilbrook was the clubs sole representative in this fixture, running well for 414th place in a time of 40 mins 36 seconds

JUNIORS

Chingford League

Ilford had 12 junior athletes in action at the second Chingford league fixture held over the Eastbrook End Country in overcast conditions

U11 boys

Ewan McKinstry and Danilo Reina had a great battle in their race with Ewan finishing in 6th place in an excellent time of 7.42m and he was closely followed by Danilo in 9th place clocking 7.54m .

U13B.

Khalif Ali continued his fine form in this competition finishing in second place just 10 seconds behind the winner . Khalif clocked 6.53m and maintained his Second place in the overall competition standings.

Khalif was ably backed up by ever improving teammate Caleb Singleton who had another great run finishing in 8th place with a time of 7.20m which moves him up to 7th place in the league standings.



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Elias Furreedan completed another solid, consistent run in 13th place recording a time of 7.59m.

Daniel Guiba clocked 8.46m to secure 15th place and added valuable points to the team competition.

Closing the team in 16th place was debutant Zayn Jeeachee

U13 girls

D.L. Majen-Akande and Alicia Adams both produced strong runs to finish in 14th and 26th positions with times of 8.45m and 8.59m respectively

U15 athlete Barney Perkins produced another strong race to claim victory in 15.19m which moved him to the top of the rankings in the individual league competition

Barney was backed up by teammate Ethan Guiba who produced another strong race clocking 18.56m securing 12th place

Hawaa Patel continued her recent good form with another battling performance to clinch second place in the U15 girls race recording 18.35m

Sole U17 runner Ryder Islam recorded a time of 14.19m to secure 4th position in his race which also puts him in fourth place in the overall league standings,

Another very successful day for Ilford's ever improving juniors



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