



## **Ware Cup**

Loughton

### **SENIORS**

The Annual Ware Cup, hosted by Loughton AC was held at Roding Valley Recreation ground last Saturday. Following recent heavy rainfall the 7.8k course was very wet and muddy, and in some areas runners were running through puddles almost knee deep. Despite the conditions Ilford AC had 5 athletes battling the course on the day.

In the ladies race Alison Sale led the team of 2 home in 15th position with a time of 41 mins 01 secs. Frieda Keane then came home in 34th position in 51:13, a time which also gained her 3rd place in her age grouping

The ladies finished in 6th position on the day.

In the men's race, Seb Parris led the team of 3 home in 18th place with a great run in the conditions in 32 mins 46 secs. Joel Dennis was next home in 27th place for 33 mins 57 secs. The team was completed by Edward Skinner in 79th place in a time of 46 mins 32 secs.

The men's team also placed 6th position on the day























## Press Report 23rd December 2024





## **JUNIORS**

Ilford AC had a junior team of 9 athletes who battled the difficult conditions to produce some fine performances for their Club

The Under 11's ran 1.5k, the U15's 5k

The U11 Boys team saw Danilo Reina produce another strong run finishing in 4th place to continue his ongoing improvement. Reina was followed home by teammate Joshua Denning who produced a fine run in 13th place timed at 8.38m Aydan Jeeachee contributed to the team with a determined run of 12.28m in 15th place.

Talented U13runner Khalif Ali had to pull out before the start of the U13 Boys race leaving ever reliable teammate Elias Furreedan to lead the team home with another great run of 8.06m in 5th place Elias was ably supported by teammates Daniel Guiba and Zayn Jeeachee finishing in 7th and 11th places respectively recording 8.49m and 10.55m .

Sole U13G was the ever consistent Iris Wan who yet again produced another solid run of 8.52m to secure 5th place

Ilford's U15Boys were the star turns on the testing course with a great victory for Fabio Reina in an impressive time of 21.24m 42 seconds in front of second place. Stephen Amoli produced his best performance for Ilford AC finishing in 5th place recording 29.19m Consistent Ethan Guiba closed the team in 6th with a time of 29.36m.

Despite being hit by illness and late withdrawals , Ilford's Juniors managed to produce some great performances and are really enjoying the rewards from all of their hard training





















## **CHINGFORD LEAGUE 5km**

*Olympic Velodrome*

### **SENIORS**

The latest round of the Chingford League was held over 3 laps of the fast cycle track at the Olympic Velodrome in Stratford.

In the men's race Ilford Ac fielded 11 runners in their division 2 match.

The team were led by a fast run from Ronan Edwards, who is still in the under 20 category, who finished 4th in a new personal best of 15 mins 54 secs. Next home in 20th spot was Sam Rahman with a time of 18 mins 02 secs with Richard Morris finishing 23rd with 18 mins 36 secs. Dan Holeyman placed 27th in 19mins 02 secs and Richard Woolterton recorded 19 mins 26 secs for 30th. Steve Chissell closed the team in 49th with 21 mins 09 secs.

In the match the Ilford team were 4th but remain top of the table as they push for promotion to the top tier.

Jim Tilbrook, who is in good form at present, also recorded a personal best of 22 mins 25 secs in 56th place

Also in action were:- Bradley Brown (51st 21.32) Steve Lacey (55th 22.16) Steve Crane (58th 22.43) Tony Young (68th 24.14)

The Ilford ladies race in division 1 and in this match only managed to field a squad of 3.

Alison Sale led the way with 41st spot in 23 mins 24 secs, while Pauline Tester came home 65th with 24 mins 48 secs and Shahnaj Begum placed 88th in 26 mins 14secs.

In their match they were 8th and are in the same position in the league and have a hard fight ahead to avoid relegation to the second division

### **JUNIORS**

Ilford AC entered a team of 14 Junior athletes spread over four separate races

U11 Boys saw Danilo Reina and Ewan McKinstry continuing their great head to head competition with Danilo Reina finishing in 8th place recording a great time of 8.35m followed home by teammate Ewan McKinstry in 14th place with another terrific time of 8.48m over the 2k distance





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Our sole U11G competitor was debutant Georgia Broom who ran a very competitive race in 10.14m to seal 12th place against much older athletes , a really promising debut for her.

For the U13 boys Khalif Ali continues to produce outstanding performances on very little training finishing in 5th place recording a very impressive 7.57m, again over the 2k distance. Ever improving Caleb Singleton impressed again in 8th place recording 8.21m, another great run from him. Elias Furreedan continued his current good form supporting his teammates in 13th position with an impressive 8.38m continuing his successful season. Daniel Guiba closed the team with a typically determined run to finish in 15th place and a time of 10.16m.

Ilford's trio of U13 girls continued their ongoing improvement with really good performances in the cold, blustery conditions.

D.L Majen-Akande led the team home in 11th place in 9.44m narrowly pipping teammate Iris Wan who was 13th in a time of 9.48m. Alicia Adams continued her ever improving form in 28th place clocking 10.41m

2 outstanding performances from U1 5Boys Fabio Reina and Barney Perkins saw them finish in 3rd and 4th places respectively over their 5k course.

Reina , making his Ilford AC debut ran a strong consistent race to finish in a time of 18.48m, closely followed by fast finishing teammate Barney Perkins who recorded 19.05m. Barney's fine run keeps him top of the Series leaderboard with 2 races remaining. Ethan Guiba produced another fine, strong race securing 18th place and a time of 23.52m

U17 runners Ryder Islam and Leila Lauder both had strong runs in their respective races with Ryder recording 19.35m securing 12th place.

Leila produced her best run yet for Ilford AC finishing strongly in 2nd place and a massive personal best performance of 20.50m



