



Chingford League

Epping Forest

Saturday 18th January 2025

SENIORS

The latest round of the Chingford League was held over a muddy, hilly course in Epping Forest and Ilford AC fielded a squad of 13 athletes in the senior races, which were over a distance of 8km.

Leading home the men's team was Manuel Vigo in an excellent 28th spot in a large field, timed at 34 mins 16 secs. Next in was Seb Parris with 37 mins 09 secs for 67th, with Dan Holeyman 80th in 38 mins 13 secs. Steve Chissell kept up his winter form in 94th, and 3rd in the M60 age group to finish, 39 mins 26 secs. The scoring team was completed by Bradley Brown (131st) and Chris kind (162nd).

Also in action for the men were Jim Tilbrook 194th in 45 mins 58 secs, Mike Perkins 200th in 46 mins 08 secs and Tony Young 260th in 49 mins 30 secs

With the team winning in division 2 they maintain the top spot and will be looking to win promotion to the top tier in the final two matches of the season.

Alison Sale led the way for the Ilford ladies in 232nd overall in 48 mins 17 secs with Pauline Tester 294th with 51 mins 52 secs. Julia Galea finished 356th in 1:01:18 with Frieda Keane completing the ladies team just 5 places back in place 361 in 1:02:44

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

16 of Ilford ACs Junior runners braved the cold and muddy conditions at the Orion Chingford League race on Saturday morning

In the U11s race Danilo Reina continues to impress with a 7th place finish clocking an impressive time of 8.28. Chasing Danilo around the testing course was teammate Ewan



Press Report 21st January 2025

McKinstry who ran another strong race to finish in 15th place with a great time of 9.17m.
Great runs by both athletes.

Georgia Broom continues to impress with her determination moving through the field to close in 13th place with a time of 10.22m

47 runners took part in the race

The U13 boys race saw Khalif Ali continue to run consistently well, despite very little training finishing in 4th position with a good time of 8.19m maintaining 2nd place overall in a very tightly contested series with one race remaining

Teammate Elias Furreedan added to his recent great form with another battling performance for his team sealing 7th place in 9.14m

Hashim Khan produced a best ever performance just behind his teammate with an excellent 8th place and clocking 9.21m

Daniel Guiba closed the team with a typical battling performance from him finishing in 11th place with a time of 10.31m

Ilford's ever improving U13 girls all produced performances to be proud of. Debutant Sophie Lawes ran a fantastic race leading the team home in 9.33m to seal 10th place. Iris Wan contributed with a solid run of 10.43m in 13th place, proving what a great asset she is to the team. Iris was closely followed by Alicia Adams, who yet again showed her potential with a great run in 14th place recording 10.50m. Alicia held off a brave challenge from fellow teammate D.L. Majen-Akande who added to her recent good performances finishing in 15th place, clocking 10.52m

The togetherness of this group is testament to all of their hard work and determination.

U15 athletes Fabio Reina and Barney Perkins continue to impress with outstanding Fabio finishing in first place clocking 18.59 on the testing hilly course

Barney Perkins finished strongly in second place in a time of 20.19m a great performance which maintains his lead in the overall series individual competition.

Ethan Guiba found the course tough going but he backed up his teammates in 15th place with a gutsy run of 29.30m

Lone U15G athlete Hawaa Patel added to her recent run of good form finishing very strongly in 4th place with another impressive run of 24.53m

The U17B race saw Ryder Islam run another strong race in this series finishing in 18.51m securing a hard earned 4th place, maintaining his position of 4th in the overall series competition

Another successful competition for Ilford ACs ever improving youngsters. A big thank you from our team to all of the Chingford league series organisers and volunteers who enable these races to go ahead.



Press Report 21st January 2025

Special thanks to our Coaches, helpers, supporters and parents for getting us to these great events







Benfleet 15

Sunday 19th January

On Sunday Two intrepid Ilford Athletic Club Athletes tackled the extremely Hilly and Challenging Benfleet 15 Miles Multi-Terrain Race.

Held over the waterlogged and Boggy Thames Estuary Trails and on a route that ran from Hadleigh via Leigh-on-Sea out to Canvey Island and back again with over 760 fellow brave



Press Report 21st January 2025

runners and finished with a steep climb to the finish line.

The first club finisher was Christopher King in 1 Hour 53 Minutes and 19 Seconds for 59th Position making his debut at the race. He was followed by Terry Knightley in 2 Hours 4 Minutes and 46 Seconds for 140th Place and was 4th Male Veteran Over 60. Terry first ran this event back 1991.

All finishers received a specially engraved medal and free Water Bottle.

