



## **CHINGFORD LEAGUE 5 Miles**

### *Victoria Park*

Saturday 1 February

The final individual event of this winter's Chingford League took place on a revised course of one small lap and 2 longer ones rather than the traditional figure of eight course in the park.

Ilford AC had a team of 29 take part in the event with the men racing over the fast flat course in division two. Their challenge was led by Ronan Edwards, who is in great form at present, finishing 4th in an excellent time of 26 minutes 04 seconds. Next home was Josh Adler, who is improving in every race, in 11th in a new personal best of 27 mins 42 secs. Tomas Krukauskas who impressed on his club debut came in on 30 mins 01 secs for 17th spot. One place behind was Manuel Vigo with 30 mins 03 secs. Donagh Horley was another making his club debut coming home 20th with 30 mins 19 secs and Richard Morris completed the scoring team in 22nd in a time of 30 mins 22 secs

In the match Ilford placed 2nd and they remain on top of the division 2 table and look good for promotion to the top tier with just the relays to come in March.

There were also personal bests for Joel Denning with 31 mins 24 secs in 29th and Jim Tilbrook, who is having a great winter of racing, in 58th in 35 mins 29 secs. Steve Chissell equalled his personal best of 33 mins 27 secs for 42nd place, which he set in the same fixture last year.

The Ilford Ladies race in division 1 and first home was Jordan Hinds in 10th recording 32 mins 20 secs, with Anna Crawley next across the line for the club in 34 mins 13 secs for 15th place. Pauline Tester and Alison Sale both were timed at 38mins 55 secs for 59th and 60th respectively. Dianne Crisp was 111th in 45 mins 19 secs and Launa Broadley completed the team in 127th in a new personal best time of 47 mins 46 secs. In their match the ladies were placed 8th and occupy the same spot in the league table.

Also running in the men's race were: Dan Holeyman (23rd 30.26) Richard Woolterton (28th 31.17) Sam Joseph (33rd 32.28) Bradley Brown (38th 33.19) Tarik Qirem (47th 35:05) Neil Crisp (49th 35.17) Mike Perkins (61st 36.51) Tony Young (68th 37.58) Nick West (69th 38.25) Andy Catton (80th 40.19) Sean Costello (85th 40.50) and Joe Ramen (98th 46.28)



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And for Ilford Ladies: Frieda Keane (130th 48.29) Julia Galea (139th 51.39)

17 junior athletes from Ilford AC took on the challenges of the final Chingford league race of the current season

The under 11's raced a 2k course

For the boys, Danilo Reina, despite falling at the start, finished in 6th place with an impressive run of 6.32m

Debutant Hannah Lawes completed an impressive first run clocking 8.09m to finish in 21st place for the girls.

The Under 13's ran a 3k course

Khalif Ali produced his best run of the series finishing in 5th place in a time of 12.07m for the boys. Teammate Elias Furreedan continued his impressive form this season with a 7th place recording a time of 13.18m. Ever improving Hashim Khan clocked 14.03m to finish in 8th place. Ever reliable Daniel Guiba completed the team in 12th position timed at 15.44m

The girls again produced really encouraging performances

Leading the team home was Iris Wan in 12th place in 14.39m closely followed by Sophie Lawes in 13th place in 14.50m. D.L Majen-Akande continued her great form with a fast finish in 15th place timed at 15.30m just managing to hold off teammate Alicia Adams in 16th place with another encouraging run of 15.47m

Ilford's U15 boys, running 4.5k, proved to be the stars of the day with the impressive Fabio Reina claiming First place in a time of 17.43m followed by his equally impressive teammate Barney Perkins in Second place recording 18.09m

Luke Thake made a welcome return to the team and ran consistently well to finish in 8th place timed at 20.49m. Completing the team was debutant Robert Stanciu running the distance for the first time finishing in 18th place with 24.07m

For the U15 girls, Hawaa Patel ran another strong race giving her all finishing 6th in 24.12m

U17 athletes Ryder Islam and Leila Lauder both produced personal best runs with Ryder Islam finishing 4th for the boys in 17.20m and Leila Lauder claiming 1st place in the girls in 21.01m.



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Both ran over the same 4.5k distance

The results are testament to the hard work put in by the athletes and their coaches with huge thanks to our parents and supporters.







Two Ilford Ac athletes swapped their Ilford vests just for the weekend to represent their university and county.

Rhys Edwards raced the short course (8.2km) at the British University Cross Country Championships in Cardiff. He placed 367th in a top class field and was first finisher for Queen Mary University (London).

Samuel Crane qualified to represent Essex schools in the South East Inter Counties School Match. This was his first county vest. He acquitted himself well over the 6km course finishing as 6th Essex finisher in a good quality field.

