



## **ESSEX 20 MILE CHAMPIONSHIPS**

*Carver Barracks, Saffron Walden*

Sunday 16 March

The Essex 20 mile Championships was held at the disused airfield at the Carver Barracks in Saffron Walden. The race was over 5 fast 4 mile laps around the perimeter and included an open event, which attracted many entries from those preparing for the spring marathon season.

Ilford AC had 8 men in the event and these were led home by Sam Rahman who held a good pace throughout to finish 26th in the Essex Championships in 2 hrs 09 mins 22 secs. Next in was Richard Morris with a new personal best of 2 hrs 12 mins 25 secs for 30 spot. The scoring team was closed by Terry Knightley in 48th place with 2 hrs 27 mins 43 secs.

The Ilford club were the 7th Essex club to finish as a team.

Dave Thomas followed his age group bronze at last week's British Marathon Half Marathon with a win in the Essex M65 age group in 2 hrs 31 mins 06 secs to take the gold medal. Tarik Qirem continued his preparation for the London Marathon with a 2 hrs 36 mins 23 secs clocking for 76th place in Essex.

Also in action, but competing in the 'open event' rather than the Essex Champs were Steve Chissell (2.28.59) Bradley Brown (2.42. 33) and Alan Pearl (2.49.05)





## **Ilford AC Shine at Cambridge Half Marathon**

The 14th edition of the Cambridge Half Marathon welcomed its largest ever field, with over 13,500 runners taking on the scenic and historic course.

Starting at Midsummer Common, participants passed by iconic Cambridge University landmarks such as Jesus, King's, St John's, and Trinity Colleges, as well as the idyllic villages of Grantchester and Trumpington. The typically warm March day set the stage for impressive performances from Ilford AC's contingent.

Leading the team was Sam Rahman, who put in a strong performance to cross the line in 1:22:05, placing 54th in the M40 category. He was closely followed by Danny Holeyman, clocking an impressive 1:22:54 to claim 14th in the M50 division. Not far behind, Richard



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Woolerton, delivered a solid run with a time of 1:28:40, securing 47th in the same category.

The standout achievement of the day came from Joel Denning, whose determination paid off as he broke the 90-minute barrier for the first time, finishing in a commendable 1:29:54, earning 99th place in the M45 category.

Also flying the flag for Ilford AC, Diarmuid Mac Donnell, returning to competitive running, delivered a credible performance with 1:31:33, placing 64th in the M50 group. Steve Lacey demonstrated remarkable improvement, running his fastest half marathon in two years, finishing in 1:49:16 and claiming 288th in the M50 category.

Rounding out the team, Jo Reeves put in a valiant effort to finish in 1:52:53, securing 49th in the F50 division.

