



BRENTWOOD HALF MARATHON

Sunday 24 March

The 42nd Brentwood Half Marathon was held in good conditions over a gently undulating course through the Essex Countryside starting and finishing at Becket Keys School in the town centre.

Ilford AC had 14 runners in the field of over 1800 starters and were headed by three runners running their first half marathon.

Alex Richards had an excellent debut finishing 3rd overall in 1 hr 09 mins 06 secs, less than a minute behind the winner. Tom Gardner came in 15th with 1 hr 14 mins 26 secs and was the second M40 to finish while Josh Adler finished 34th in 1hr 20mins 51 secs.

Richard Woolterton just broke the 90 minute barrier with 1 hr 29mins 59 secs for 124th place. Joel Denning set a new personal best of 1 hr 31mins 44 secs for 154th. Steve Horsley was another running his first half marathon finishing in 1 hr 41 mins 09 secs.

Carlie Qirem was the best of the Ilford ladies in 341st overall and 32nd lady in 1 hr 39 mins 41 secs and was supported by Joanne Reeves in 524th and 65th female in 1 hr 46mins 14 secs.

Terry Knightley was the 3rd M60 to finish on the day in a time of 1 hr 38 mins 15 secs

Dennis Briggs was next home, 34th in the M45 grouping in 1 hr 38 mins 14 secs closely followed by Steve Chissell in 1 hr 39 mins 04 secs and Tarik Qirem in 1 hr 40 mins and 25 secs. Adam Coals in 1 hr 47 mins 45 secs and Steve Lacey in 1 hr 50 mins 38 secs completed the team on the day





Orion 15

Epping Forest

Saturday 23 March

Two Ilford runners Iain Wilson and Diarmuid MacDonnell, headed to the hills and mud of Epping Forest on Saturday 23rd March for the Legendary Orion 15 mile race.

This is a renowned race in the fixture list and famous for being a demanding course with lots of elevation and great stretches of mud as well as uneven trails in the Forest. The persistent rain in the previous weeks had left the course sodden and slippery which only made the course even harder although somewhat enjoyable too!

Iain led the pair home finishing 88th in 2 hrs 17 mins 05 secs with Diarmuid coming home in 97th place for a time of 2 hrs 20 mins 43 secs

Last Friday of the Month 5k

Hyde Park

Friday 22nd March 2024

The last Friday of the Month 5k, is held every month in London's Hyde Park, and consists of 2 laps adjacent to the Serpentine Lido.

March's race consisted of 2 Ilford runners Malcolm Muir and Anna Crawley.

Malcolm led the way in 20th position in a time of 17 mins 30 secs and placed 5th V45 on the day. Anna came home exactly 3 minutes later in 20 mins 30 secs to finish 84th on the day and 2nd Senior lady finisher



Coleraine Campus 5k

Ulster

Saturday 23 March

Ilford athlete John Crawley was one of 2 Ilford runners racing abroad this weekend.

The Coleraine Campus 5K takes place at The University of Ulster Coleraine Campus and consists of multiple laps on closed roads within the campus.

John, who now resides in Northern Ireland, has had limited training in the last few months after adjusting to life with a new baby, went into the race without high expectations other than a goal of getting under 19 minutes. After a fast start, John managed to overtake half a dozen runners on the final stretch to come home in 23rd place, in a field of 97 runners, in a time of 18 mins 21 secs, which was only 4 seconds outside his personal best over the distance.

Bela Vista Super 6k Challenge

Brazil

Saturday 23 March

Tony Young was the second Ilford runner to race abroad this weekend, taking on the Bela Vista Super 6k Challenge, which is held in São Gonçalo, a municipality in Rio de Janeiro.

Held at 4pm, the heat was in the early 30's which Tony found uncomfortable, but despite this he was pleased with his time of 32 mins 25 secs



