



Ilford AC Press Report Week Ending Sunday 2 March 2014

Netherhall 10m, Incorporating the British Masters Athletic Federation 10 mile Championships

Netherall

Sunday 22 February

Two Ilford men made the long, tiring journey to Cumbria to compete in the above race. It is a tough, windy and hilly course. The winner of the race was V40 runner Kerry Wilson from Scotland, in 55.17. Malcolm Muir came home as the first Ilford runner, but third overall in a time of 56.21. Malcolm was pleased to win the BMAF V35 gold!

Spencer Hempstead competed bravely despite suffering a tummy bug. He came 11th in the race, in a time of 59.47. He was an unlucky fourth placed V40 in the BMAF competition.

Report by Malcolm Muir

Last Friday in the Month Serpentine 5k

Friday 28 February

Continuing his recent good form John Batchelor competed in last Fridays Serpentine 5k. He finished 82nd out of 215 runners in 20:51, which bettered his January mark by 12 seconds and in the process scored the second best age-related percentage of 88.0%. Next weekend he hopes to compete in both the 1500m and 3000m at the BMAF Indoor Championships.

Report by John Batchelor

Ilford AC 10 Mile Cross Country Championship

Hainault Forest

Saturday 1 March

Seventeen runners lined up for this years Ilford AC 10 mile cross-country



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championship, which included a few guest competitors. The course was three laps of a gruelling muddy route of around 3 1/3 miles a lap.

Tom Gardner made light of the conditions to win in an excellent time of 63mins 43secs. Next home was Steve Philcox with 68m 48s with Steve parketr winning the prize for 1st in the M50 category with 85m 19s. Bree Nordin again showed good form to take the ladies title in 85m 33s and Mel Jones finished 3rd female in 94m 10s. Nicola Hopkinson won the F45 grouping in 95m 53s.

Junior athletes ran one lap of the course with Usamah Patel winning in 22m 42 from Jack Maher with 23m 37s.

Report by Hank in the Bushes

Half marathons

Sunday 2 March

There were two excellent performances from Ilford AC athletes in half marathon events at the weekend

New Zealander Blair McWhirter, who is currently working in Essex, took part in the Reading Half Marathon. This event attracts a number of the top road runners in England and was won by Olympic marathon runner Scott Overall in 64mins 44secs. Blair, who comes from Christchurch, put in his best performance for several years to finish 26th with 68m 33s, which ranks him 2nd in his country's half marathon rankings for 2014 and 10th on the Ilford all time list.

There was a classy field for the Bath half marathon with a couple of Kenyans in the line -up. Malcolm Muir also put in his best showing for a number of years finishing 19th in 71m 07s on the hilly course.

Report by Hank in the Bushes