



Haivering Spring Warm Up – Hornchurch

Iain Gains reports

“Two 10 year olds who have moved up from the u/11 squad competing in the u/13 1500 had excellent runs, Arun Manget winning in 5-32 Pb from his training partner Bradley Deacon who was running in his first 1500 in 5-44. In the u/17 800 Jack Maher in his first outing on the track this year won with ease in 2-01. The meeting was running late so the 1500 had u/17-20-seniors-vets in one race which meant Usamah Patel had to take on his training partner Tom Gardner who was having his first run due to injury. Tom won the overall race 4-14 with Usamah 1st u/17 and 3rd overall in 4-21.”

Endurance man Bradley Brown was also in action using the opportunity to work on his speed running the 100m (15.2) 400m (66.4) and 800m (2.36) for a busy schedule.”

Paddock Wood Half Marathon – Sun 30th March

After waking up and seeing that my garmin had been turned on for the last 24 hours and had no battery left I realised I'd really have to steady my pace to not over cook it.

Ran steady with the aim of around 85 mins with the shape I'm in right now and taken into account that my general runs have not been over 7 miles. Half way I was 42.50 and 10 miles I was, 1:04(ish) So to come home in 84 mins was really good for me and felt I really ran within myself and did not miss my watch. A real beauty of a race in the lanes with the shade and no wind. A proper PB course if your in the right shape – mostly flat with a few rolling inclines. Won in 65 mins and a top field of runners with 2070 on the start line.

Report by Ben Jones

World Masters Half-Marathon Championship

City Park, Budapest

Sunday 30 March

It was a bright, sunny morning in City Park, Budapest as a field of 500 lined up for the World Masters Half Marathon. The 9am start and the shady course meant that the runners avoided the heat of the day.

Ilford ACs Rob Sargent took part in the M55 category in the race which was over a 5 3/4 lap course. Rob started steadily and moved up the field to finish 31st in his age group in 1hr 44min 31 secs and was the 3rd scorer on the Great Britain team which once again finished in 5th spot.



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Report by Rob