



British Masters Gear 10k – 4th May 2014

Grand East Anglian Run 10km
King's Lynn
Sunday 4th May

13 runners from the endurance squad of Ilford AC travelled up to Norfolk to take part in the Gear 10km which incorporated the British Masters Championship. The fast, flat course,, ideal weather conditions and a field of over 2000 led to them returning their fastest times for many years.

First over the line for the club was Malcolm Muir in 7th with 32mins 31 secs, backed up by Kevin Newell in 36m 18s for 71st and Mike Horsey taking spot 168 in 39mn 46s. Together they combined to finish runners up in the British Masters Championship in the M35-44 age group.

Neil Crisp was the club's leading runner in the M45-54 age category in 93rd place with 37m 07s, Steve Parker was next up in 42m 49s for 271st and Rob Sargent came home 400th in 45m 18s. This team placed 4th in the BMAF event.

Kieran McKenna finished in 39m 45s, while Steve Cheal recorded 48m 55s in 600th.

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The ladies had a good day. Melinda Jones finished 48th in the ladies race and 370th overall in 44m 41s and took the silver medal in the F45 category in the British Masters race. Nicola Hopkinson had a fine run for 64th lady (489th overall) in 46m 50s and Dianne Crisp recorded 47m 22s for 69th, 509th overall. Combined they won the British Masters Championship in the F45-54 grouping and took home the gold medals.

Pam Jones had a close battle with Anne Martin of local team Wymondham AC winning the F75 category by just 6 seconds in 57m 51s for 278th lady. Pam also won the British Masters medal for this group, moved to number 1 at 10 km and number 3 all time at 10km for F75.

Carol Muir smashed her personal best time by almost 2 minutes to 54m 15s in position 195th in the ladies listing.