



Wissey Half Marathon

Oxborough, Norfolk

Sunday 6 September

A small squad from Ilford AC's endurance squad travelled to the village of Oxborough in Norfolk for the Wissey Half Marathon which incorporated the British Masters Championship. The race was held on quiet rural roads on an ideal morning for running. Terry Knightley was the first home for the club in 98th spot with 1h 35mins 35s which placed him 8th in the M55 group in the British Masters (BMAF). Next home was Steve Parker with 1h 40m 00s for 124th and 11th in the same age group. While group coach Rob Sargent finished in 1h 49m 45s for 153rd and 7th in the M60 BMAF category and won him the bronze medal in the Eastern Veterans AC Championship, which was also held in this event.

Leading lady was Julia Galea who broke 2 hours for the first time with 1h 58m exactly in 194th overall and placed second in the F60 grouping. There was also a British Masters silver medal for Kim Baxter in her first race at the distance for 25 years. Kim finished in 2h 46m 03s.

The Ilford team also finished second in the BMAF team championship in the M55-64 category through the combined efforts of Knightley Parker and Sargent.

Woodford Green Open Meeting

Tuesday 1st September

Some of the Ilford younger members took part in the final Woodford Open Meeting last Tuesday. On an almost perfect night, personal bests were set by many of the athletes.

First up was Robert Grech in the 100 metres who stormed to a time of 15.39, in taking 4th place.

Next up in the 400metres was Isabella Hick, who ran a great race for 2nd place in a time of 67.8 which was a personal best. In the same race Keshan Beckett Edwards also set a personal best in coming 4th in a time of 74.8.

The final event was the 1500m which turned into an Ilford procession, with Ilford athletes taking the first four places. First home was Farris Patel in a personal best of 5.23.0. Jordan Hinds and Matthew Hick were battling with Farris throughout the race with Jordan finishing second in a great time of 5.24.0, with Matthew just a stride behind in 5.24.2. Both athletes



were rewarded with personal bests. Matthew is aged under 11 and his time makes him the 8th fastest in the country for his age group over 1500m. Bradley Deacon came in 4th in a time of 5.32.1, which is just outside his best.

Harlow 10

Sunday 6th September

Sundays warm and pleasant sunshine provided ideal racing conditions for 2 Ilford runners as they contested the Harlow 10 mile race, moved from its old date in August this year.

Peter Spelman made the best of the windless course clocking 1hr 27. 51 followed in by Pathrose Louis in 1.32.56.

The Essex Way Relay Race

Sunday 6th September

Unable to field a team in this the County's premier off road relay race this year holders Ilford AC regreably had to relinquish their title to a very strong Springfield Striders squad who for the first time in the history of the race performed a clean sweep in all of the Open, Ladies and veteran categories. Nevertheless the Club still maintained its strong presence by organising the first leg between Epping and Ongar in conjunction with East London Runners. They also provided the official scorer Martin Clarke who diligently performed his duties following each of the 10 legs from Epping Station at 8am in the morning and finishing at Harwich Lighthouse at 6pm in the evening. An excellent day was capped by the traditional fish n chip supper followed by the presentation of prizes in Harwich's Hanover Arms where the Ilford man was able to introduce the audience to 2 of the original Thurrock Nomads known as Fergus and Derek who not only founded and ran in the race back in 1989 but organised for nearly 20 years until both technology and numbers got too much for them. Although obviously no match for the Ilford Scorer they still hadn't forgotten how to sink a pint.

57 teams involving nigh on 600 runners plus support crew contested the spoils this year.

Other News: Sam Rahman finished second in 36m 31s in the Barking and Dagenham 10km held on Sunday over a multi-terrain course in Central park

