



## ILFORD AC PRESS REPORT. 24th APRIL 2017

\*ILFORD AC PRESS REPORT. MONDAY 24th APRIL 2017\*

\*London 'Mini Marathon'\*

\*Sunday\*

\* April 23rd 2017\*

\*Hick Shines at Mini Marathon\*

Ilford AC had 6 youngsters representing their borough in the prestigious London Mini Marathon race, where the best athletes from clubs around the country compete

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Best performance of the day has to go to Matthew Hick.

Matthew came 32nd in a high quality u13s race and ran 18:21, which was a personal best of over a minute and continues his impressive performances over the last few weeks

In the u15s race Mungo Prior ran 17:56 for 84th, Farris Patel ran 18:33 for 102nd and Bradley Deacon 19:53 for 142nd

In the u17s girls Jordan Hinds came an impressive 47th in 20:20 considering she has missed a lot of training due to exams

Finally Katie Deacon ran 28:22 for 149th

\*London Marathon\*

\*Sunday April 23rd 2017\*

There was a good showing from Ilford AC in last Sundays London Marathon.

Leading the way for the club was Blair McWhirter who had a magnificent run to finish 43rd in a new personal best time of 2hrs 22mins 38 secs, a performance that puts on top of the New Zealand marathon rankings for this



year.

Next to finish was Amin Koikai with 2hrs 48mins 15secs which placed him 45th in the M45 category. Paul Holloway found the last couple of miles tough as he came home in 2hrs 53mins 22secs.

Robin McNelis had a steady run with a 2hrs 54mins 34secs clocking. Neil Crisp came home in 3hrs 21 mins 43secs, while Seb Parris was struggled in the closing miles with 3hrs 38mins 16secs, although it was his best time for 5years.

There were a trio of Ilford runners who set new best times for the distance; Declan Cullen improved to 3hrs 31mins 07secs, Satha Alaga took 11 mins off his time for last year with 3hrs 48mins 58secs and Dennis Briggs set a new pb by 46 minutes with 3hrs 42mins 43 secs.

Carli

e

Qirem was the only lady from the club in action recording 4hrs 13mins 49secs on her marathon debut

Ilford's former Scottish International race walker Stuart Bennett chose pedestrianism as his mode of progression and covered the distance in just under 4 hours and 52 minutes in what was a sound performance from one experienced over such distances. Peter Spelman closed out the squad with 4hrs 41mins 14 secs

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