



## **COURSE RECORD FOR ILFORD AC ATHLETE**

The popular London Walks meeting was staged on a biting cold Sunday afternoon on a multi-lap course inside Hackney's Victoria Park. The Senior Ladies 5 Kilometres witnessed a top class display of race walking from Ilford's in-form Olympian NERINGA AIDIETYTE, who was never troubled on route to an emphatic 23 minutes and 25 seconds victory. The 2nd placed lady, fellow Lithuanian GRAZINA NARVILIENE of Belgrave Harriers, clocked a distant 25.33. Aidietyte's victory brought with it the kudos of claiming a course record! In the Senior Men's 10 Kilometres, Ilford went to post as defending team champions and 2012 winner FRANCISCO REIS started well when making a determined bid to retain his individual title. Reis settled into 4th position behind 3 current internationals, eventual winner ALEX WRIGHT of Belgrave Harriers and Colchester's talented KING twins. By halfway Reis felt unwell and was forced to retire when well placed. That left Ilford's Captain STEVE UTTLEY as the Club's best positioned walker when he advanced into 4th position, which he held till finishing in 54 minutes & 49 seconds. There was an unexpected bonus for Uttley as he won the 1st veteran prize...shopping vouchers! Ilford's team were closed-in by STUART BENNETT 9th and STEVE ALLEN 10th who clocked 59.29 and 60.22 respectively. Ilford AC failed by just 4 points to retain their title, losing out to winners Belgrave Harriers. The pick of Ilford's other walkers was sprightly veteran ED SHILLABEER who was 16th in 65.52. This athlete, who specialises in more longer races, is a "vet" in more ways than one for he's a veterinary surgeon by profession!

Issued by Ilford AC Walking Section (01708-377382)