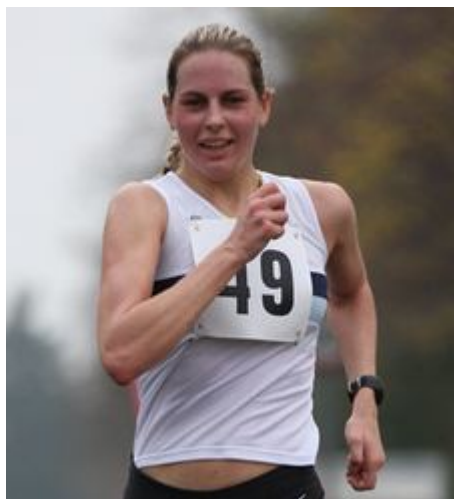




## National Title for Ilford AC Member – Racewalking 10th March 2013

After a well-earned 5 months' lay-off following her Olympic appearance, Ilford's Bethnal Green-based Lithuanian International athlete NERINGA AIDIETYTE made it 3 wins from 3 starts since returning to action in late January. On a bitterly cold Sunday afternoon on a multi-lap course inside Hackney's Victoria Park, Miss Aidietyte won the National 10 Miles Women's Championship "by a distance" to borrow a term from the turf. From the gun the Ilford star went clear of all rivals and pressed on; without chasing company offering any threat, to clock an excellent 79 minutes and 43 seconds at the finish, streets ahead of 2nd place Lauren



Whelan (Belgrave harriers). On the same programme was the National Men's 10 Miles, in which Ilford AC went to post as defending team champions. Across the card, including supporting events, turnout was lower than expected as athletes scratched on account of intense cold and also due to major traffic chaos following closure of the Dartford crossing. With last year's 3rd placed athlete FRANCISCO REIS competing, and winning, the National Indoor 3,000 metres Championship at Lee Valley, it was left to Captain STEVE UTTLEY to head Ilford's challenge, which he did with distinction gaining a high 5th place in 89 minutes and 11

seconds despite completing his entire journey virtually in his own company! Consistent STEVE ALLEN was 8th in 93.50 and, with evergreen former International ED SHILLABEER 13th in 103.32, Ilford AC were 2nd National team just a shade behind Ashford AC. In 19th place came former Captain DAVE KATES who eased himself back into racing after a long injury. He was delighted to record 107.46 on a day not conducive to fast times. In conjunction with the National 10 Miles was the Essex 10 Miles Championship in which Uttley was 3rd behind Colchester Harriers International twins Daniel & Dominic King, who were 1st & 2nd Essex competitors respectively. With Shillabeer not eligible for Essex events it was Kates who closed home Ilford's team which retained their County title. Ilford AC member Mrs CLAIRE LEVY is now Essex County Athletics Association President and she was on hand to make the awards.

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