



REIS IS ON TRACK

FRANCISCO REIS brought another National title to Ilford AC on a bitterly cold Sunday afternoon, not that conditions troubled competitors disputing the British Masters Athletics Federation National 3,000 Metres Walk, for it was at Lee Valley's centrally-heated indoor arena in North London. Reis was an emphatic winner, with a most impressive blast from gun-to-tape which none could match, seeing him finish in 13 minutes and 54 seconds which was well clear of 2nd placed former Olympic representative Ian Richards (Steyning AC). The Ilford athlete's performance drew praise from both from colleagues and rivals alike.