



## Friday 29th March – Last Friday 5k Hyde Park

Five athletes from Ilford braved the cold and windy conditions on Good Friday to take part in the Last Friday 5k, this event is held every month and usually attracts fields of over 200 runners who fancy a race in their lunch hour.

Although numbers were slightly down this month the quality of the field was very high, with the race being won by Matthew Fayers of Hillingdon in a fast 15.09. After making a slow start Iain Knight worked his way through the field to finish in 23rd place with a time of 18.01, which pleased both Iain and coach Gainsy. Next home was Gary Floate who struggled throughout but still managed a season's best in 67th place with a time of 20.38. Eileen Sheridan has not raced since last year's London Marathon due to injury, and despite only arriving with 2 minutes to go before the start was pleased with her run of 26.21 for 119th place.

Carol "Parkrun" Muir was the 4th finisher in 130th place with a time of 28.11, this was Carol's fastest run around the Hyde Park course. Meredith Floate was rewarded for her recent spell of hard training with an excellent time of 32.23 which was almost 2 minutes faster than her last race and her best time for over 18 months.