



Ilford AC Walking Section Press Report - 7th May 2013

FRANCISCO REIS GIVES THEM THE OLD 1-2

It was a busy Bank Holiday Monday for Ilford's FRANCISCO REIS, who lined-up as a guest competitor at 12.30pm on Stevenage's well-appointed Ridlinds End track, to contest Hertfordshire County's 3,000 metres Championship. Bidding for a 3rd consecutive victory he stormed off, never to be troubled as he broke the tape in an excellent 14 minutes and 17 seconds, winning by some distance.

After receiving congratulations from backslappers there was no resting on his laurels for the victor as he made Chesham in Buckinghamshire to line-up at 5pm in the annual Pednor Open 5 Miles, starting as defending champion. Always in the hunt on a course which takes competitors over a testing one circuit loop of the Chiltern Hills, he saw in-form Polish athlete FABIAN DEUTER (Hillingdon AC) edge ahead to win in 40 minutes and 59 seconds heading a bumper field. Reis was a clear 2nd in 42.13 with Ilford's Walking Captain STEVE UTTLEY completing the frame in 44.09. 5th came event regular PETE RYAN in 44.34. Indeed Ilford fielded a trio of former winners of this event in Reis, Uttley and Ryan on a course "old hands" believe so difficult it adds up to 3 minutes on what could be expected for a 5 miles' timing. In 8th place came busy STUART BENNETT, racing for a 3rd time in 8 days, who was prominent early on before filling 8th spot in 48.50.

Further north distance man STEVE ALLEN race walked the Milton Keynes Marathon over one large loop on a blistering hot day. Frustration was experienced as he reached the line in 5 hours 1 minute and 32 seconds. Said the disappointed athlete, "I wanted to break 5 hours and would have done had I worn a wristwatch; I didn't realise I was so close to my aim". In true Ilford AC tradition Allen also had thoughts of a refreshing cool pint over the closing stages!

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