



## **Hatfield Broad Oak 10km**

There were 14 runners from Ilford AC in Bank Holiday action in the Hatfield Broad Oak 10km over a rural gently undulating course in warm sunshine. The race was a sell out with 1500 entrants.

Spencer Hempstead led the Ilford challenge with an excellent 10th place in 34 mins 32 secs, which won him the first M40 category trophy. Next up was Kevin Wotton in 30th spot in 37m 06 s with Kevin Newell one place and 3 seconds behind. Neil Crisp continues to improve after injury recording 39m 24s for 67th overall and 5th in the M50 age group while dependable Andy Catton came home in 41m 01s for 99th and 10th M50.

Breege Nordin continues to show top form winning the F55 category in 43m 55s. This place as 21st female and 194 overall. Paul Emery was the only club member to record a personal best time in the event with 46m 02s in 294th, while Jenni Sheehan put in a good run for 310th in 46m 24s. Dianne Crisp recover from a recent illness to finish 353rd and 8th in the F45 age group in 47m 24s crossing the line alongside club coach Rob Sargent who was given the same time.

Pam Jones recorded 57m 07s in 805th which places her number 2 in the country for the distance in the F75 category and Carol Muir was delighted to finish in 58m 19s continued her recent fine form. Natalie Felix finished in 66m 34s and Julia Ridley with 74m 53s.

Report by Hank in the Bushes

## **Westminster Mile**

On Sunday morning a series of races were held along the Mall and Birdcage Walk over the classic distance of one mile finishing in front of Buckingham Palace. On a fine day for running Sam Rahman of Ilford Ac put in a sterling performance to record 4 mins 55 secs for 27th in a large entry, while Amin Kolkai recorded 5m 02s. On the ladies side Krystle Balogun finished 7th with the time of 6m 02s.

Report by the Man in the Park



## **London 10km**

Billy Green was the only runner from Ilford AC in action in the London 10km which was won by double Olympic Champion Mo Farah for the 5th year in a row. Bill finished in 50m 57s.

Report by the Man still in the Park

## **Folkestone Coastal 10K Road Race in Kent**

Terry Knightley was the sole Ilford Athletic Club Representative at Sundays Folkestone Coastal 10K Road Race in Kent.

Held on a flat out and back course along The Seafront in warm conditions, Terry Managed to finish 15th Out of 542 Runners in a time of 37 Minutes and 18 seconds and was also 3rd Male Veteran Over 50 to finish in a high quality veterans field.

Report courtesy of Kim "The Blur"