



FOUR IN A ROW – AND IT’S GETS BETTER!

Ilford AC sent a strong squad to the annual Moulton 5 Miles Walk on a testing “out-and-back” in rural Suffolk countryside north east of Newmarket. On a cool overcast Saturday, perfect for athletics, it was Ilford’s Francisco Reis who took the race by storm sprinting away from all rivals to enjoy a big advantage by the turn. The gap was needed as a quality athlete was after him in former Welsh Senior Champion Mark Williams of Tamworth AC, one noted for producing his best work over the closing stages of races. Indeed he closed gap but the Ilford man’s early efforts proved too much for the Welshman to make inroads and Reis strode broke the tape in 39 minutes and 1 second to record his 4th consecutive victory in what was his fastest time ever on this tricky course. Williams came 2nd in 40.39 and warmly congratulated the victor. Ilford’s Captain Steve Uttley, a regular visitor to the frame at this firmly established and well supported event, again made it when filling 3rd place in 42.13. Pete Ryan, a twice former winner, gave a confident display throughout as he claimed 5th spot in 43.32 while Steve Allen closed home the Cricklefields-based team to retain their team title when passing the timekeepers in 46.56 to come 9th despite racing unhealed with blisters from the recent Isle-of-Wight Walking Festival.

Ilford’s ‘B’ team were led home by former Scottish international Stuart Bennett, 10th in 47.28 while in 22nd spot with 51.19 on the stopwatch, the Club welcomed back Kevin Marshall to sprint racing after his extended spell concentrating on ultra-distances.

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