



## Ilford AC Press Report Week Ending Sunday 29th September 2013

Valentines Park 5km, Ilford

29 September

There was another dominant performance from Ilford AC on Sunday in the last round of this Summer's East London Interclub Five Series (ELVIS) with both the men and ladies winning the match and the league title.

The men, who have won every round they have competed in this year, were led home by Malcolm Muir, who took the runners-up spot in 16 mins 31 secs. He was supported by Tom Gardner in 4th with 16m 58s and Sam Rahman in 17m 19s for 9th. The remaining scoring members were Neil Crisp in 17th in a time of 18m 20s placing him 3rd in the M50 category, closely followed by Bradley Brown who put in a good run for 29th in 19m 17 and 4th in the M40 age group, while Rohan Alexander recorded a new best for the distance with 19m 28s in 31st.

In addition other notable performances were from the returning to form Kevin Newell in 11th recording 17m 31s, with 14 year old Usamah Patel 12th in 17m 35s. Jack Maher placed 24th with the time of 18m 56s which is a personal best for the 15 year old. Kieran McKenna placed 37th in 19m 56s on his club debut and Andy Catton took the M60 honours with 20m 20s in 62nd, and Martin Clarke was 2nd in this category in 68th and 21m 38s.

Krystle Balogun was the first home for the ladies side in 19m 50s for 3rd spot and 36th overall. Breege Nordin again took the F55 prize finishing 5th lady and 56th in the race with 21m 10s, while Mel Jones set a new personal best of 21m 54s, winning the F45 category. Dianne Crisp was the team's 4th scorer finishing 14th lady in 22m 31s, as the club beat East London in a close match by 7 points. Jenni Sheehan returned to racing after injury to finish 19th with 23m 09s.

Also run: Rob Sargent (83rd 22.20) Maran Raju (Club Debut 107th 23.40) Steve Cheal (124th 24.46) Pathrose Louis (141st 26.00) Carol Muir (153th 26.41) Suki Jandu (166th 28.00)

Report by Hank in the Bushes

Picture of some of the victorious teams



## Half Ironman Triathlon – Stowe House 29 September

Steve Parker took on the Half Ironman Distance Triathlon at Stowe House in Buckingham. The 1900m swim in the lake was three laps & cold. A long run upto Transition 1 & a change onto two wheels for 85.4 Km bike ride. The weather was kind. Two diversions were necessary though because of incidents. Transition 2 & a run around five loops of very hilly off road course for the Half Marathon & to complete the Triathlon in 6hrs 42m & 3rd in his age group. Steve is happy with the result as it was his first Triathlon of this distance

Report by the Man in the Lake

## Berlin Marathon 29 September

Nicola Hopkinson was among the field of over 36000 for the Berlin Marathon. The race is held over a fast, flat, city centre course passing a number of the famous sights of the city. This year saw Wilson Kipsang of Kenya improve the world best time for the distance to 2h 03m 23s.

Nicola ran a steady race and finished 120th female in 3h 45m 30s, just 5 seconds faster than in London in April.

Report by Klaus from the Bierkellar

