



## Ilford AC Press Report Week Ending Sunday 19 January 2014

### SOUTH OF ENGLAND INDOOR ATHLETICS CHAMPIONSHIP LEE VALLEY

Saturday 18 & Sunday 19 January

Ilfords young athletes Jack Maher 16 and Usamah Patel 15 competing in this championship for the first time and over 800 & 1500 which they have never done before indoors had a excellent weekend. Jack in the 800 came 2nd in his heat beaten by the eventual winner of the 800 but good enough to make the final in which he just missed out on a podium position coming 4th in 2-03 pb for indoors. Usamah 1500 went one better in his final in a race where he got pushed around being the smallest athlete in the field this did not stop him from battling through to take 3rd place & a bronze medal in 4-23 pb indoors & outdoors

Report and picture of courtesy of Ian Gains

Brass Monkey Half Marathon - York

Sunday 19 January

On a cold wet Sunday morning 1700 runners descended upon York for the annual brass monkey half marathon, 2 ilford athletes travelled north for the weekend, Kevin Newell & Dan Cogan, Kevin in the middle of his marathon training was in first in 80.24 which gave him 60th place & Dan in his first half with a very good time of 90.36 for 267th place, both celebrated afterwards with a few well earned drinks and a cake or two!!

Report and picture of Kevin courtesy of The cowboy in Betty's tea rooms!

Frimley Canal Race

Sunday 19 January

Three members of Ilford AC made the journey South to compete in the Frimley Canal Race held over 8.2 mile of mixed Terrain of XC and fairly wet n muddy toe path. A beautiful day and a very scenic race on undulating ground. Spencer Hempsted was overall winner of the race, followed by Matt Woodman, 3rd and ably supported by Ben Jones in 8th [52:06]



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Report by Ben Jones

Benfleet 15

Sunday 19 January

Peter Spelman was part of an Ilford Team at the Benfleet 15. However, he had a bad cold and lagged way behind the other Ilford runners finishing in 3.30.

Report by Peter Spelman

Endurance Training

For further details of the endurance training (middle distance to marathon) at Ilford AC please contact [warriorsoftime@hotmail.co.uk](mailto:warriorsoftime@hotmail.co.uk)

