



Ilford AC Press Report Week Ending Sunday 2 February 2014

Watford Half Marathon

Sunday 2 February

It was a bright sunny Sunday morning in Watford, something that has been a rarity recently. Due to the Deluge of rain we've had recently this made the course a little tougher due to the fact sections of the course were flooded. 1750 runners lined up at two separate starts of male and female of the annual Watford half Marathon. Ilford Ac had 4 representatives in the large field,. 1st home for Ilford was Blair Mcwhirter in an excellent time of 72.02 which was good enough for 6th place, then came Kevin Newell in 65th in 81.25, Bradley Brown in 186th in a good time of 88.40, then came Ilford's only female representative, Racjhel Allen, in 1305th in an excellent time of 2.01.46

Report courtesy of The Cowboy in the Vicarage

Serpentine, Last Friday in the Month 5k

Friday 31 January

Spencer Hempstead finished a very fine 5th out of 219 runners, and 1st M40, in 16:29. Spencer's age-related score was 84.7% John Batchelor placed 96th, in 21:03, a sluggish but satisfactory run, scoring 87.2% (best male score), largely due to the fact that I passed another birthday (73rd) a week earlier. Conditions were cold and breezy, but luckily the rain held off for the race.

Report courtesy of John Batchelor

Ashford and District 10k

Sunday 2 February

Held over an undulating scenic course in the Kent countryside, new recruit to the Ilford fold, Matt Woodman, shot off the blocks at breakneck speed and came home in 33.47 for 3rd place. Ben Jones went off a little too hard in the first 2 miles and paid the price, never really regaining a steady rhythm. He stumbled over the line of the revised out and back course in



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37.33 for 30th place.

Report by Ben Jones

Ryde 10m

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Mike Horsey made the journey to the Isle of Wight for the Ryde 10 and completed the undulating, aka hilly course in 69:00 for 98th position.

Report by Michael Horsey

LONDON GAMES INDOORS LEE VALLEY U/15 U/17 GRADED MEETING

Lee valley 2 February

Jack Maher, 16, in the top seeded race over 800 controlled this race from the start running out a comfortable winner in a new indoor Pb of 2-01. His training partner Usamah Patel 15 had to take on one of the top u/17 1500 athletes but still put up a good performance for 2nd place in a new indoor Pb of 4-22

Report by Ian Gains

London Indoor Games

Lee valley 25 January

The London Indoor Games were held on the 200m bowl at the Lee Valley Athletic Centre and Krystle Balogun of Ilford AC continued to show good winter form. Running in heat 3 of the Senior Women's 800m Krystle was running in the leading group throughout and put in a storming last 100m to take 2nd place in 2mins 24.94secs, just 0.02 seconds off the winner

Report by Warrior Dog



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