



## EASTERN COUNTIES INCORPORATING THE ESSEX INDOOR ATHLETICS CHAMPS 2014

For the first time this season Jack Maher [No. 420] & training partner Usamah Patel [No. 522] came face to face in the finals of the u/17 1500m. Jack took up the pace early on as the pair took charge of the race, with about 250m to go Usamah made his move to take the title from Jack who was the reigning champion both athletes broke the championship best performance time. Usamah time 4-21 Pb indoors Jack 4-25 Pb indoors

Report by Ian Gains.

Photos by Tom Gardner

CHICHESTER PRIORY 10km

CHICHESTER

SUNDAY 9th FEB

Three Ilford men travelled down to Chichester last Sunday for the super fast Chichester 10km, which includes the Sussex Championship. On a windy course the times were a little down on previous years with the winner's time being 30.23 by Phillip Wylie and the 1st lady being GB runner Charlotte Purdue in 33.37.

1st Ilford man home was Malcolm Muir, in 18th position in an excellent time of 32.38- not bad for someone pushing 40! Next Ilford man was Spencer Hempstead in 42nd position in a time of 34.12. Spencer was 2nd V40 only 19 seconds behind the V40 winner. Final Ilford man was Matt Woodman, in 45th position in a time of 34.32.

There were 1500 runners and Ilford team finished 5th in the team competition.

Report by Malcolm Mur



Ilford AC Press Report Week Ending Sunday 16 February 2014





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