



TARPLEY 20

Bury St Edmunds

Sunday 22 February

Ilford AC's Breege Nordin put in a outstanding performance in the Tarpley 20 mile road race on a rural hilly course over the windy countryside surrounding the Suffolk town of Bury St Edmunds. Breege finished in 84th overall in 2hr 31min 22secs, this run placed her as 3rd female in the event and first in the F55 age category. She is ranked 28th overall in the country in 2014 at the distance and is top of her age group.

The club also had 3 men in action. Sam Rahman ran a controlled race to finish 17th in 2h 09m 42s, while Kevin Newell recorded 2h 15m 42s. The squad was completed by Bradley Brown with 2h 38m 19s.

Report by Hank in the Bushes

Photos courtesy of Ralph Nordin

CHINGFORD LEAGUE

Victoria Park

Saturday 15 February

The last round of this winter's Chingford League was held on the fast, flat, traffic-free roads on Victoria Park in Hackney on a blustery afternoon. The race was over a two course totalling 8km and there were six endurance athletes from Ilford AC running as guests.

Best for the club on the day was Sam Rahman finishing 29th in a large field of 210 runners in 29 minutes exactly (spooky!). Next home was Kieran McKenna in a creditable 31m 43s for 71st, while Rob Sargent was satisfied with 36m 27s in 147th spot. Jenni Sheehan put in an excellent run to finish as 20th female with 35m 29s. Husband and wife team of Neil and Dianne Crisp returned to action following injury and illness respectively to recorded 35m 30s and 39m 07s.



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Report by Hank in the Bushes

Photos courtesy of Gasen (Sam left and Rob)

SOUTH OF ENGLAND MASTERS INDOOR CHAMPIONSHIP

(Incorporating the Veterans AC Championship)

Lee Valley

Sunday 16 February

There was medal success for Ilford AC at the South of England Masters indoor Championship at the Lee Valley Athletics centre last Sunday with all of their runners featuring on the podium. The meeting incorporated the Championships of Veterans AC, the London based club which organises competitions for masters athletes.

In the M70 category it was double success for John Batchelor in the 1500m where he finished 1st in 5m 36.61s to take double gold. Steve Philcox ran the 3000m in the M45 group finishing 3rd in the Southern Championship in an indoor personal best time of 9m 45.90s which earned bronze in the South of England and silver in the VAC event. Kevin Newell ran the same distance and recorded 10m 37.96s for 3rd in the M35 class taking the Southern bronze and a VAC silver.

Report by Warrior Dog

INDOOR MIDDLE DISTANCE EVENING

Lee Valley

Wednesday 19 February

The last indoor event of the season for the endurance squad of Ilford AC was a series of 800m and 1500m races at the Lee Valley Athletics Centre on Wednesday evening.



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In the 800m there was fast running for the younger members of the club. In heat 2 Jack Maher recorded 2m 03.50secs for 2nd place, while Usamah Patel was 2nd in heat 5 in 2m 07.75s. Both athletes are in the U17 age category.

There were 5 runners from the club in the 1500m. Best of these was Steve Philcox with 4m 35.21s, a indoor personal best, in 6th spot in heat 2. In the same race Sam Rahman also improved his best time for the distance on the boards with 4m 40.10s. Kevin Newell was in heat 3 and finished with 4m 51.50s and Krystle Balogun was timed at 5m 14.03s in heat 4. In heat 5 Kieran McKenna made his first appearance in a track race for the club and make a winning start to take the race in 4m 58.86s

Report by Warrior Dog

Essex & Eastern Counties Indoor Championships

Lee Valley - 8th & 9th February 2014.

Word document attached courtesy of Jeffery Nkrumah

EAMA Inter-Area Indoors

Lee Valley - 23rd February

John Batchelor continued his fine indoor season this weekend. He placed 1st M70 in both 800m (2:42.66) and 3000m (11:58.24) running for SCVAC in the Indoor Inter-Area meet at Lea Valley today. He won the 800m by 12 seconds and the 3000m by 50 seconds, and both times were faster than his performances at this meeting last year.

Report by John Batchelor



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Indoors.docx

