



## ESSEX 20 Mile Championship

Langham

Sunday 9 March

There were 12 athletes from Ilford AC taking part in this 20 mile road race on a rural route at Langham, near Colchester. The event was made more difficult by the weather producing a warm sunny day with the temperature rising to over 20C, after the runners had been training in the cool wet winter conditions.

Ilford's Kiwi sensation Blair McWhirter was again in superb form taking the lead from the gun and by 3 miles he had a commanding lead which he continued to increase on his solo run. Blair crossed the finishing line 8 minutes ahead of the second placed runner in 1hr 48mins 27secs, which is the fifth fastest at the distance in the country in 2014 and places him 7th on the Ilford all time list. However, as McWhirter has not completed the residential qualification of 9 months he was not eligible for the county title.

The Ilford runners in their scoring team crossed the line 16th, 17th and 18th in the county race. Sam Rahman led the trio in 2h 09m 12s, followed by Paul Holloway with 2h 09m 24s, a big personal best time, with Robin McNelis completing the team in 2h 09m 58s. Combined their score placed them 3rd in the team race and they were awarded the bronze medals.

Bree Nordin, who is ranked top in the country for this distance in the FV55 age group, continued her dominance by taking the county age group title in 2h 34m 50s, which also placed her 7th in the senior ladies race.

Kevin Newell took 31st place in 2h 16m 02s, while Kevin Wotton came home 43rd in 2h 17m 22 and Richard Mould recorded 2h 32m 15s. There were new best times for 20 miles for Rohan Alexander (2h 34m 14s) Declan Cullen (2h 50m 22s), Satha Alaganandasundaram (2h54m 56s) and Ian Wilson (2:57:26)

Report by hank in the Bushes



Pictures courtesy of Dianne Crisp

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Roding Valley Half Marathon

Woodford

Sunday 9 March

The local Roding Valley was held over the usual hilly route from the Woodford Green Athletic track. Steve Philcox of Ilford race put in a competitive run to come home 9th in 1h 21m 21s, while Michael Horsey placed 48th in 1h 31m 31s. Also representing the club was Moran Rahju (1h 44m 16s), Dan Cogan (1h 45m 21s) and Peter Spelman (2h 03m 19s)

Report by hank in the Bushes

BMAF Indoor Championships

Lea Valley

Saturday and Sunday 8 and 9 March

John Batchelor was in great form at the BMAF Indoor Championships at Lea Valley at the weekend. On Saturday the 1500m was composed of over-70 men and Over-65 women, and he had an expected ding-dong with Angela Copson, multi-world record holder in her age group and generally about his mark. He led her all the way and won in an indoor PB of 5:35.18. Next day was more of the same in the 3000m, chased by the redoubtable Angela but pulling away at the end, winning by 17 seconds in his M70 best, indoors or out, of 11:45.76.

Report by John Batchelor