



Press Report 21st April 2014

Victoria Park 5 miles

Hackney Saturday 19th April

The 48th Victoria Park 5 miles road race was held on a fine spring afternoon last Saturday. The event which also doubled as this year's Ilford AC Road Championships saw a number of club runners who were not in last week's London Marathon line up in a starting field of over 200. The race was won in a quick time of 23m 39s by Southend's British International Adam Hickey with Ilford's Malcolm Muir 8th in 26m 20s, a few seconds outside his best time for the distance.

Next home for the club was Steve Philcox who was just under 30 minutes in 57th with 29m 53s while club coach put in a creditable run of 36m 47s in 129th.

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Krystle Balogun smashed her personal best by over 2 minutes to place 6th in the lady's race in 32m exactly while there was also a new best time for Nicola Chester of 44m 13s for 174th overall and 47th in the lady's race.

Carol Muir was 51st female in 46m 18s and Pam Jones took the trophy for 1st lady in the F65 category in 47m 47s.

Also in action were Steve Cheal and new club president Gerry Pells who clocked 39.01 and 46 minutes exactly respectively.

In the team competition the Ilford ladies were 4th, while the men placed 5th