



## Pembrokeshire Coastal Ultra

Little Haven, Pembrokeshire

Saturday 3 May

Ilford AC's New Zealand sensation Blair McWhirter continued his winning ways at the Pembrokeshire Coastal Trail Ultra Marathon. The race is over undulating rugged but scenic terrain in the Pembrokeshire Coastal national park measuring 34.8 miles. Blair, running on his London Marathon training, finished 1st in a new course record of 4hrs 31mins 31 secs, which was previous held by sub 2:09 marathon runner Mark Steinle. His winning margin was over 23 minutes.

McWhirter now intends to concentrate on shorter distances over the early summer looking to set new personal bests at 5km and 10km.

## Night of 10000m PBs

Parliament Hill, Hampstead

Saturday 10 May

A series of 5 10000m races were held on the track at Parliament Hill, the home of British Cross Country racing. The final 2 races were trials for the British teams at this summer's European and Commonwealth Championships and runners achieving the target times were Andy Vernon, Jo Pavey and Beth Potter.

Ilford AC were represented on the night by Malcolm Muir who ran in heat 2. Malcolm gave his usual gutsy performance moving up the field as the race progressed to come home 14th in a field of 23 in a new best time for the distance on the track of 32mins 48.36 secs.

## Crystal Palace Open Track Meet

Saturday 10 May

Bradley Brown of Ilford AC has been concentrating on trackwork of late and his efforts were rewarded with a new personal best of 5mins 16.87 secs as he placed 6th in heat 1 of the meeting at the Crystal Palace track

## We Own The Night 10km

Victoria Park, Hackney

Saturday 10 May



## Press Report 13th May 2014

Krystle Balogun was another Ilford AC athlete in good form at the weekend. She took part in the bizarrely named We Own The Night 10km race for women only in Victoria Park and on the fast flat course ran an evenly paced race to set a new nbest time for the distance of 41mins 28secs in 17th spot.

### Bluebell 5 - Report by Kim the Blur

Two Ilford AC runners along with 250 other athletes went for a 5 mile race through the muddy Little Havens Wood Nature Reserve at Thundersley on Sunday 11th May in the annual BLUEBELL 5 MILES RACE. Across a picturesque undulating cross country route Steve Philcox boldly came home 3rd finishing in a spritely 30.26 winning the first over 40 veteran award. He was followed by Over 50 Veteran, Terry Knightley, in his first race of the year after a 3 month lay off from the sport finishing in 40 minutes and 24 seconds Taking 52nd Position. The Overall winner of the event was Crispian Bloomfield of Billericay Striders.





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