



Bramley 20 miles

Sunday 15th February 2015

Further afield 2 of Ilford's top endurance athletes competed in the Bramley 20 mile event which was hosted by Reading Roadrunners with an accompanying 10mile race on Sunday. Malcolm Muir finished 9th overall and 2nd vet 40 over a 2 lap course finishing in a time of 1.55.00 . After running the 1st half in a steady 58.50 he then raced the 2nd half in 56.10 for a significant negative split. Ben Jones came 85th in 2.14.32 which was more than impressive as he has not been able to do any long distance training for the race .

Ilford AC now look forward to holding their club Championships over a classic 3 lap 10 mile cross country course at Chigwell Row on Saturday 28th February at 2pm. As usual this is being held as an "Open" event with runners from other Clubs more than welcome to participate. Entries will be on the day from the Chigwell Row Clubhouse.

Chingford League 8km Road Race

Victoria Park Hackney

Saturday 14 February 2015

The last round of this winter's Chingford League was held last Saturday on a fast flat course in East London's famous Victoria Park on what was otherwise a quiet weekend for Essex and East London Road Running.

The 8km race was held over 2 laps and Ilford AC fielded three 'guest' competitors in the large field of 252. Leading the way for the club was Kieran McKenna in 108th spot with 31m 08secs, while Rob Sargent recorded 38m 23s in 210th. The fast improving Doris Gaga was again in fine form crossing the line 232nd with 41m 53s.