



## Press Report

A small group of Ilford AC athletes made an appearance at the Woodford Green Open meeting during the week with many of the younger athletes competing for their first time on the track. Opening the account was 12 year old Chloe Chapman 3rd in the 100m in 15-74 & 32-1 for the 200m. Isabella Hick 13 & Ellie Wright 12 both ran Pbs in the 800 with Isabella 1st 2-48-12 and Ellie 2nd 2-49-74. Both athletes then competed in the sprints with Isabella recording 31-18 in the 200 and Ellie 15-25 in the 100m. . Bradley Deacon 11 also had Pb in the 1500m clocking 5-33 in very windy conditions.

Senior lady Krystle Balogun doubled up in the 400m & 800m with Pbs in both, 61-44 for the 400 and 2-20 for the 800.

In the 3000m Tom Gardner and training partner Ahmed Abdulle controlled the race from the start with Tom 1st in 9-10 and Ahmed 2nd in a new pb of 9-12.

Things did not go to well for Jack Maher when on course for a sub 2 minutes 800m pulled up at 600 with a foot injury.

Elsewhere Tony Hyde was back in action on Sunday when he competed in the Thames Fullers Tow Path 10 mile race, his first main race for some time other than a few park runs.

On arrival at the Tube station Tony was greeted by the news that there were no buses running so had to run the 3.2 miles to start carrying his large bag. Undaunted and in true Ilford AC spirit he saw the funny side of the situation and still managed a creditable time of 64-18 which placed him 23rd overall .

Many of the Club's other runners were resting up in preparation for next Sunday's premier event through the streets of the Capital, the Virgin London Marathon, where members, friends and supporters will manning the water station at the 19 mile point in Canary Wharf. Those inspired by the event will have an immediate opportunity to do something positive about it as Ilford AC are running a 12 week "First Steps" improvers / beginners course in conjunction with Redbridge Vision. The sessions are free and will be held on the Club's Wednesday "Harriers" evenings at the Melbourne Road entrance of Valentines Park starting at 7pm on Wednesday 6th May. Look out for the Ilford flag. Further details can be found on the club web site at [ilfordathleticclub.co.uk](http://ilfordathleticclub.co.uk).