



## **Springfield Striders Friday Night 5 miles**

Pleshey

26th June 2015

A handful of runners from Ilford AC made the trip to Pleshey on Friday evening to compete in the Springfield Striders Friday night 5 mile race. On a spectator friendly yet challenging 2 lap course Malcolm Muir was back in action despite still suffering from a stomach complaint. Clearly still some way below his best the Ilford captain still managed 3 rd place in a time of 28.38 to finish top male 40 runner of the night. Billy Green was next home in 64 th clocking 38.47 whilst the ladies were represented by Nicola Chester(96 th in 44.15 and Carol Muir 115 th in 48.17. Springfield's Mark Newton led the 129 strong field home in a time of 26.56.

## **Last Friday 5km**

Hyde Park, London

Friday 26 June

Pam Jones returned her fastest time of the year for 5km on the fast Hyde Park course recording 29 mins 27 secs for 186th spot and leading F75 category athlete

## **Fast Friday**

Waltham Forest Track

Friday 26 June

Ilford Ac's Sam Rahman tackled the 10000m at the Fast Friday track meet at the Waltham Forest track. Sam ran a controlled race by keeping in the pack for the first half of the 25 lap race reaching 5000m in 17m 40s. He battled on in the 2nd half to record a new personal best time of 36m 02.9s to take 5th place in the B race.

## **Horndon 10km**

Sunday 28 June

A trio from the Ilford Ac squad took part in this 10km which is held in conjunction with the Horndon Village Festival on a muggy Sunday morning.

Rohan Alexander once again impressed in 44th spot out of 413 finishers with 42 mins 55secs while Billy Green found the going tough in the weather conditions and on a hilly course recording 54m 24s in 220th spot. The evergreen Pam Jones continues to improve as the summer rolls on in 343th with 63m 21s



## Press Report 30th June 2015

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### **North Downs Run**

Sunday 28 June

Peter Spelman was the only Ilford runner in this year's North Downs Run, a 30k trail race that goes from Gravesend in Kent. The conditions were much better for running than last year when it was very hot allowing Peter to clock a chip time of 3.29.44. This year although humidity appeared at times to be high it was cooler and there was a little rain. This remains one of Peter's favourite races and great preparation for his annual outing to Davos to compete in the Swiss Alpine Marathon in 4 weeks time.

