



## **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<sup>rd</sup> place in a time of 28.38 to finish top male 40 runner of the night. Billy Green was next home in 64<sup>th</sup> clocking 38.47 whilst the ladies were represented by Nicola Chester(96<sup>th</sup> in 44.15 and Carol Muir 115<sup>th</sup> 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 186<sup>th</sup> 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 2<sup>nd</sup> half to record a new personal best time of 36m 02.9s to take 5<sup>th</sup> 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 44<sup>th</sup> 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 220<sup>th</sup> spot. The evergreen Pam Jones continues to improve as the summer rolls on in 343<sup>th</sup> with 63m 21s

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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.

