



## **Barcelona Marathon**

Barcelona 13th March 2016

Iford AC's Paul Holloway ran a superbly judged race when recording a personal best for the distance in the Barcelona marathon on Sunday. Paul's chip time of 2 hours 52 mins and 50 secs (gun time 2.52.56) placed him 347th in a mass field of nearly 17000 runners. However more impressive than his finishing position were the splits times with the Iford man going through halfway in 1.26.35 and coming back slightly quicker in 1.26.15, emulating the perfect recommended way to run a marathon.

## **Colchester Half Marathon**

Sunday 13th March 2016

Blair McWhirter of Iford AC returned to Colchester for the half marathon which he won two years ago when he defeated local favourite Adrian Mussett. On this occasion Mussett gained revenge winning the race in 69.53. Blair, despite being disappointed with his race, finished 2nd in 73 mins 15 secs. Roared on by hundreds of spectators who lined the streets across the town, around 2,600 participants took on the 13.1 mile circuit, raising thousands of pounds for charities and other good causes.



## **British Masters Cross Country Championships**

Sunday 13th March 2016

On Sunday three members of Iford AC competed with the cream of UK Veterans In the British Masters Cross Country Championships held around the grounds of Bath University in Somerset.

The first race was combined for woman over 35 and men over 65 and was held on a 6K grassland course and saw Iford's over 55 veteran Kim Baxter finish in 41 minutes and 3



seconds.

This was followed by the men's race covering ages 35 to 64 on an extended course of 8k. Ilford legend, Terry Knightley, finished in 62nd position for 30 minutes and 48 seconds and was 13th in the male over 55 category. Following him home was the Club's elder statesman, Andy Catton, in 76th place in 32 minutes and 30 seconds for 9th place in the male over 60 category.



### **BMAF Indoor Track and Field Championships**

Lee Valley 12th - 13th March 2016

Ilford AC superveteran John Batchelor was in action at these championships over the weekend. On Saturday he took the M75 1500m title in an age-group championship best of 5:49.93s, but on Sunday was beaten by world indoor champion John Newcombe in the 800m by 2 seconds, however recording a season's best of 2:51.35s. John followed this up 1.5 hours later with a gold in the 3000m with another championship best of 12:25.93. A modest Batchelor confessed afterwards that "there are of course very few M75 runners left so winning age group races is not too difficult, but you have to be in it to win it and my times are all high up in the UK all-time rankings for the age - generally 2nd or 3rd best".

### **News Just In**

Prolific racer Malcolm Muir has completed the Inverness half marathon. Muir's time was an excellent 73.13 which placed hi 10th overall and 2nd in the vet 40 category.