



Braintree 5 Mile Road Race

Sunday 17 April

There was a good turnout from the Ilford AC endurance squad at the Braintree 5 mile road race last Sunday with some of the Club's runners using the event as a last hard run out before next weeks London Marathon where there will be a large Ilford team. The race was held over a slightly undulating rural course , next to Great Notley Country Park, Braintree with a fan entry of some 375 competitors.

Leading the Ilford challenge was Malcolm Muir who showed good form to take second place and first in the M40 age category in 27m 10s. Steve Philcox took the M50 group trophy placing 10th in 29m 03s and Neil Crisp was 15th with a time of 29m 36s and was third in the m50 category. These three combined to place third in the team competition.



Tony Hyde had a fine run for 19th with 30m 13s and Paul Holloway came home 21 st with 30m 34s, while Rohan Alexander recorded a personal best of 32m 27s in 31st. There was a close finish between Steve Parker and Gary Floate with the former winning out for 67th in 35m 08 with Floate one place and one second back.

Mel Jones was the top female in action for the club finishing 73rd overall and 13th in the



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ladies race in 35m 38s, just missing out of the F45 group trophy. Nicola Hopkinson gave a good performance in 122th and 23th female with 39m 26s, while Julia Galea took the F55 category trophy in a personal best time of 42m 08s as 38th lady, Also recording a new best time for the distance was Julie Gillender in 49m 50s.

Also in action were: Satha Alaga 41m 11s 149th, Dianne Crisp 42m 19s 169th Nicola Chester 43m 54s 197th Carol Muir 48m 37s 256th Pam Jones 276th 50m 22s

Young Athletes Report

A number of the Ilford AC youngsters competed over the weekend with great success. At the Opening Southern league Senior competition, 14 year old Jordan Hinds competed in her first ever senior race. In very testing conditions Jordan showed her full potential by coming second overall in both the 800m and 400m races in times of 2.35 and 67 seconds

respectively. For s



In the Open race at Lee valley on Sunday, in much better conditions on Sunday, the Ilford AC



First up in the Mens 800 race was Farris Patel and Mungo Prior. Competing against adults Farris and Mungo once again were very competitive . Farris ,just turned 13 , ran a very even race and used his great speed over the last 200 to record another personal best of 2.13, 3 seconds quicker than the previous one. Mungo also equalled his best in a time of 2.17 and this times bodes well for his 1500m, which is his better event

Jack Halil gets better with every race and won the second 800 in a new PB of 2.30 , with Bradley Deacon, just outside his best in 2.41. Euan Johnstone , just 11, ran his second personal best in week over 800 with a very promising 2.56

Isabelle Hick ran 2.51