



Press Report 10th May 2016

VICTORIA PARK 5 miles

The numbers were somewhat down for this year's running of this long established race which was run later this year. Four Ilford athletes took to the park paths of this figure of 8 course on a warm sunny day with variable head & cross winds. From the off birthday boy Ahmed Abdulle now 17 went with the lead group with Tom Gardner just sitting off the pace. Tom started to reel in Ahmed over the later stages finishing in 4th place in 26-04 with Ahmed in his first ever 5 miler in 5th place in 26-08. Usamah Patel returning back from injury used this as a fitness run finishing in 30th in 30-31 with track team manager Gary Floate in 51st place 36-17. In the team event with 3 scoring Ilford finished 2nd behind Highgate Harriers with VPHTHac in 3rd and Woodford Green in 4th.