

## **Newham 10k**

On a very hot and humid Sunday morning in Londons East End, 4 Ilford athletes lined up for the annual Great Newham 10k run which finishes with a lap of the Olympic Stadium.

Runners were warned before the race started to not go for PB's or attempt a sprint finish due to the extreme conditions.

The route seems to change every year, although it may well be that the park changes every year so it just seems different. The course is quite a twisty one with more than its fair share of inclines to deal with and offers no shade at all.

Ilford was lead home by an impressive run in the circumstances by Rohan Alexander in 43:59 followed almost a full 10 minutes later by Billy Green in 53.35.

First female home for Ilford was Carol Muir who continues her good form of late with a time of 60:10.

Suki Jandu completed the Ilford contingent with a time of 63:25

