



Chingford League 8km

Victoria Park

Sat 18 February

A trio of Ilford AC runners took part in the Chingford league match at Victoria Park last Saturday as guest competitors to test their winter training progress.

Dennis Briggs, who will be running in April's London Marathon, is shaping up well finishing the flat, fast circuit in 34 mins 13 secs for 93rd in a field of excess of 180. Nicola Hopkinson continued her fine form of the winter coming home in 114th, which placed her 21st in the ladies result, with 36mins 40secs. Completing the squad was club legend Pam Jones in 177th with 50 mins 6 secs.

Veteran Indoor Championships

Ilford supervetran John Batchelor has been extremely busy over the past fortnight opening up his indoor season in the Vets AC/South of England Championships at Lee Valley last Sunday week winning the M75 800m and 1500m titles as the only competitor in his age group, running respectable times of 2:53.48 and 5:56.48 against younger opposition, though well to the back of both fields.

Batchelor followed this up last Sunday with 3 gold medal M75 gold medal performances in the Southern Vets AC Indoor Championships held at the same venue. In the 800m and 1500 metres he clocked times of 2.52.05 and 6.02.19 which were both recorded as Championship Best Performances before going on to win his age category in the 3000 metres with a time of 12.40.66.