



Ilford Press Report 14th March 2017

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*Bath** Half Marathon*

12th March 2017

Blair McWhirter produced probably the best performance of the week finishing 4th of over 12,500 runners in the Bath Half in a time of 1:09:44. The two lap traffic-free course, which is well known for being flat and fast, straddles both sides of the River Avon, taking runners through the beautiful World Heritage Site of Bath.

Colchester Half Marathon 12th March 2017

On an overcast but dry morning over 2600 runners took part in the annual Colchester Half Marathon, including a trio of Ilford AC athletes. The challenging course was won by Thomas Kaye representing the Army in an impressive 1:14:25.

First Ilford athlete home was Stephen Parker who ran well for 362nd place in a time of 1:39:55. Stephen was followed closely by Satha Alaga who continued his training for this year's London Marathon with an impressive 1:43:51 for 500th place and a pb by over 4 minutes. Completing the Ilford trio was Nicola Chester who came in at 2:16:23 for 1,947th place.

Dartford Half Marathon 12th March 2017

724 runners took part in the Dartford Half Marathon on a mild, dry Sunday morning.

The race is Kent's oldest Half Marathon, now in its 41st year, and is notorious for its hilly, challenging course.

The race was won by Chris Biddle of Dartford Harriers in 1:17:22.

Ilford's sole representative was Seb Parris who used the race as a training run for this year's London Marathon, and finished in an outstanding 28th place with a time of 1:28:36 which beat his pb by over 6 minutes.

British Masters Indoor Track and field Championships Lee Valley 11th and 12th March 2017

Ilford Super veteran John Batchelor continues to impress in the Indoor league with 4 races, 4 Golds and 4 pb's achieved in the M75 category over



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the weekend.

On Saturday John competed in the 400m and despite this not being a race he normally competes in he won by 10 seconds in a time of 74:11, a time that places him 5th in the UK indoor M75 all time rankings.

A couple of hours later John took M75 Gold in the 1500m with a time of 5:46:54 – second fastest ever for a M75 indoor runner.

On Sunday John took M75 Gold in the 800m with a time of 2:47:30 and Gold again in the 3000m with a time of 12:25:75. Both runs placing him second in the all-time M75 rankings.

RACE WALKING NEWS

ILFORD ON FORM

On Saturday afternoon Ilford AC contested Race 3 of this year's Enfield Walking League, over five 1 mile twisting circuits of the vast and flat King George V Playing Fields in that town.

It was to be Ilford's day, as their members filled 3 of the top 4 positions.

Lining up for a 5 miles' event was Olympian, Neringa Aidietyte, who made her 2nd appearance since recovering from injury sustained in the Rio Games. Her performance, like her previous one, was sensational. On this occasion Miss Aidietyte enjoyed the kudos of leading from start-to-finish and also beating all the men competitors to boot! Her time of 40 minutes and 48 seconds was outstanding.

A by-product of Aidietyte's success was dragging the next 2 women in her wake to season's personal bests!

After the race, Organiser Ron Wallwork MBE – the 1966 Commonwealth Games Gold medalist stated, "In exceedingly mild conditions, double Olympian Neringa Aidietyte demolished the field and looked very impressive doing it". Next

home was Steyning AC's Jim Ball, a frequent winner on this course, but this time was never in it when clocking 43.49. Maintaining his commendable sequence of top-3 finishes was 3rd placed Seb Parris, who put in his best work over the penultimate and final laps, as he came through the field to record 48.12 just ahead of colleague Stuart Bennett 4th in 48.32.



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