



PRESS REPORT. APRIL 3rd 2017

Victoria Park 5 Road race

Saturday 1st April

This was the 50th anniversary of this popular race.

Ilford had one athlete 17 year old Ahmed Abdulle, who put in a excellent performance in taking 3rd place overall and first in the M17-18 division in a new Pb time of 25:36

***Woodford Green open track meeting Saturday 1st April ***

Krystle Bologun opening her account for the season dropped down in distance to run a 200m in 28:01.for 5th place

Braintree 5 (incorporating the Essex 5 miles Championship)

Sunday 2 April

Ilford AC dominated the Essex 5 mile Championship at Braintree on Sunday taking 1st and 2nd places as well as the team title.

On a bright spring like morning 440 runners lined up for the Braintree 5 miles, which was being run over a challenging rolling course from a new venue, the City of Chelmsford Racecourse just outside the town.

Ilford's Blair McWhirter was in dominate form going straight to the front and leading all the way to win the Essex title in 25 mins 35 secs, a new best time for the distance for him. Teammate Tom Gardner came home second in 26mins 35 secs and Malcolm Muir showed good form to take 4th with 26 mins 50 sec, which won him the silver medal in the M40 age category. These three combined to take the gold medals and the Essex team title.

Steve Philcox returned to racing from a recent virus to finish 27th in 29 mins 17 secs and claim the runners up spot in the M50 age group. Neil Crisp was 4th in the same category with 30 mins 21 secs placing 41st overall.



Also running in the category Terry Knightley put in a very creditable performance to finish 7th and 52nd overall with 31 mins 45 secs.

Ilford fielded a strong M60 quad led by Steve Parker in 94th with 35 mins 08 secs for 4th in the category, while Declan Cullen was one place behind in a new personal best time of 35 mins 13 secs. Andy Catton completed the trio in the age group with 6th spot and 153th overall with 36 mins 25 secs.

Bree Nordin led the ladies team with 37 mins 01 secs, 132nd overall, winning the F55 age category title in the Essex Championship.

Nicola Hopkinson placed 188th with 38 m 25s and Dianne Crisp was 188th and 4th F55 with 39 mins 55 secs. Together the team were the 5th club to finish a ladies team.

Satha Alaganandasundaram placed 141st in a new best time for the distance of 37 mins 35 secs and Alan Pearl (142nd 37.38) and Tony Young (201st 40.12) made their Ilford debuts.

Completing the ladies squad were Julia Galea 280th overall in 45m 28secs, Pam Jones with 53m 16s in 385th and 1 place and 1 sec behind her was Julie Gillender.

RACE WALKING

***Cecil Gittins Memorial walks, Gravesend Saturday 1st April. ***

4 Ilford walkers took part in the 2nd running of the Cecil Gittins memorial walks on Saturday 1st April.

4 distances to choose from 2.5km/5km/10km/15km over a very hilly 2.5km looping Gravesend cyclopark track. 17 degrees partly sunny. ideal walking conditions.

***in the 5km ***

dave ainsworth placed 8th in 44.03

***in the 10km ***



Ilford AC. Press Report. Monday 3rd April 2017

Seb Parris, Stuart Bennett and experienced race walker but a new ilford team member Mark Culshaw took to the course. Results over 10km contributed to the Enfield league where Ilford are currently in 3rd team place (before this race)

Seb Parris 6th 58.52

Stuart Bennett 10th 60.42

Mark Culshaw 13th 62.23

All three athletes decided to continue walking on to compete *in the 15km* (a further 2 laps of the track)

Seb Parris 2nd 89.11

Stuart Bennett 5th 94.03

Mark Culshaw 6th 95.39

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