



Ilford AC Press Report. May Day Weekend 2017

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Serpentine 5k

* Friday 28th April 2017 *John Batchelor completed the Serpentine 5K in 163rd place out of 275 runners of all ages and sexes, in a time of 22:15, half a minute slower than his M75 course record.

Hackney Half Marathon

Sunday 30th April 2017

On a warm Sunday Morning 2 Ilford Athletes were among the 10,000 runners that ran this popular Half Marathon.

The 'Hackney Half' takes place on the usually busy streets of Hackney, takes in part of the Olympic Park and past the London Stadium.

Instead of cars though, the roads were busy with runners and enthusiastic locals with motivating banners and jelly beans.

Club Captain Billy Green led the Ilford duo home in a seasons best 1:53:13 followed very closely by Anthony Young in a time of 1:55:08, his first ever 'sub 2 hour' Half Marathon.

*Grand East Anglia Run. Kings Lynn. 10k Sunday 30th April 2017 *Malcolm Muir placed 3rd in the Grand East Anglian 10km Run in Kings Lynn in a great time of 33m 34s.

Witham Mayday 5 miles Monday May 1 2017

There were 10 entries from Ilford AC in the annual Mayday 5 miles road race at Witham, held on a fast rolling urban course.

Best on the day was Steve Philcox who finished in an impressive 8th place and 2nd in the M50 category in 29 mins 21 secs. Neil Crisp came home 15th in 30 mins 43 secs, while Satha Alaga used his fitness from last weeks London Marathon to record a new personal best of 37mins 11 secs in 78th spot. Close behind was club captain Billy Green, racing for the second time in two days, in 86th and 37m 48s. Ernie Forsyth returned to action from a broken arm to record 39mins 49secs in 122nd spot.

Best for the ladies was Dianne Crisp showing good form with 39 mins 05secs



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in 105th overall. Julia Galea came home 221st in 44m 43s while Carol Muir was another on good form with 47m 27s for 265th. Julie Gillender improved by three minutes from her last 5 miler a month ago to 50m 11s in 290th. Pam Jones rounded out the Ilford squad in 296th and 2nd in the F65 plus category with 51m 21s.

*Stan Allen Memorial Miles" Herne Hill Harriers Open Meeting at Tooting 1 Mile **Monday 1st May 2017*

John Batchelor recorded a time of 6:19.37, which puts him at the head of the UK M75 all-time list (of three) by eleven seconds for this now rarely run distance, and fastest in the world since 2008..

*Pednor 5 Race/ Walk Monday 1st May 2017 *On an overcast May Day evening in Pednor three Ilford ac club members took on the challenge of a five mile road and race walking event through the scenic if a little undulating lanes of the Chiltern countryside.

First up was the race walking event which incorporated the hotly contested Enfield League. Sebastian Parris lead from the gun closely followed by a Chiltern Harrier with Ilford's Mark Culshaw and Stuart Bennett just tucked in behind. The large hill at two miles strung them out with Parris pulling away. This lead was not contested and he came home in a personal best of 44.39. Bennett, who clocked 48.31, got the better of a close tussle with Culshaw (48.41) in the final 2 miles pulling away only to be pipped for third place by other competitor less than 200m to the line. Continuing the club's good recent run of form, the men took the team title on the day and have moved up to 2nd place in the Enfield League.

After an hour in warm clothing and a cup of tea later the three men took on the Pednor 5 mile road race amongst 250 other local athletes. The combined times of both events earnt the prestigious 'challenge' medal of honour. With only 37 seconds separating Parris and his 2nd placed walking rival from the previous hours racing, there was a lot to play for. going into the running race. Both men started off next to each other but again Parris stretched his rival on the first hill and didn't look back while clocking a pb of 31.28 and winning the combined challenge by over 4 minutes. Culshaw had a superb and surging run of 42.07 which took him above a



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solid Bennett performance (44.37) into 4th position of the combined event.

pednor 5 race walk incorporating the enfield league

1st sebastian parris 44.39 (5 mile walking pb)

4th staurt bennett 48.31 (1st vet 55)

5th mark culshaw 48.41 (2nd vet 50)

36 finishers

pednor 5 mile run

28th sebastian parris 31.28 (5 mile running pb)

174th mark culshaw 42.07

204th stuart bennett 44.37

254 finishers

*PEDNOR 5 CHALLENGE The combined times for competitors in both the Pednor 5 Road Race and Road Walk *

1st sebastian parris 76.07

4th mark culshaw 90.48

6th stuart bennett 93.08

14 finishers

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