



ILFORD AC PRESS REPORT

16th October 2017

Ilford AC goes International

Ilford AC had three runners racing this weekend, each one doing a marathon, and all three in different countries around the world.

Lisbon Rock 'N' Roll Marathon

Sunday 15 October

The Lisbon Marathon in Portugal describes itself as 'the home to possibly the world's most gorgeous marathon'. Athletes journey from the seaside village of Cascais, run along the banks of the Tagus River and pass World Heritage sites.

The race starts at 8am, and with a 40 minute train journey to the start Ilford athlete **Tony Hyde** found himself starting 10 minutes late. The weather was unseasonably warm and Tony struggled with the heat but still finished with a very respectable time of 3 hours 46 minutes

Niagara Falls Marathon

Sunday 15 October

The Niagara Falls Marathon runs from the City of Buffalo in New York State over the border into Canada and then alongside the Niagara River to finish next to the iconic Niagara Falls.

Declan Cullen of Ilford AC crossed the Atlantic to take part.

Unfortunately, Declan has been suffering with an injury to his piriformis muscle of late and found the race tough going. He reached half way in 2 hours and gamely battled on to come home in 259th spot in 4hrs 24 mins 48 secs.

Marathon de Vannes

Sunday 15 October

The Marathon de Vannes in France follows the coastal paths of the Gulf of Morbihan in Brittany.

In another race that took place in unseasonably warm weather, Ilford athlete **Peter Spelman** battled through the elements to finish in 5 hours, 5 minutes

ELVIS Presentation



Press Report. October 16th 2017

Last Friday was the annual ELVIS Presentation Awards. This was the 10th year of the event which has gone from strength to strength under the leadership of Martin Clarke and the individual Race Organisers.

Ilford AC featured prominently in a number of the awards which are presented to the runners who achieve the best overall score in their age group.

Nicola Hopkinson picked up the V45 award and Dianne Crisp was there to collect the V55 prize. On the Men's side Steve Philcox won the V50 prize and Andy Catton was also there to collect the V60 prize.

An excellent 10th year with more to come next year!!

WALKING REPORT

BACK WITH A BANG

Talented multi-eventer Seb Parris spearheaded the Ilford's challenge in Saturday afternoon's Enfield League 5 miles walking race over 5 circuits at Lee Valley Athletics Centre.

In warm conditions former Ilford star Francisco Reis, now racing for Thames Valley Harriers, shot off into the distance leaving the rest to scrap for the remaining 2 places in the frame. Talented and successful junior walker George Wilkinson of the host Club, Enfield & Harringey AC, was an early custodian of 2nd spot, and on current form looked like one hard to dislodge. Parris had other ideas being in good form himself after his recent Marathon running best of 3 hours 10 minutes in Moldova, as he waited for the right moment to apply pressure on the youngster. By halfway Parris had the edge and pressed on to claim 2nd place in 43 minutes and 22 seconds with Wilkinson still a threat but just 15 seconds in arrears for 3rd.

Pick of Ilford's other walkers were consistent Mark Culshaw in 7th spot clocking 48.19 and stalwart Dave Kates 10th in 53.19.

Kates had a busy afternoon, for soon as he sped over the finish line, he was quickly changed and on his way to Watford FC, where he's a season ticket holder, to watch them defeat the Arsenal 2-1!



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