

Chase the Moon 5k & 10k Olympic Park, Stratford

Wednesday 14th February

It was a cold and wet night last Wednesday as 600 athletes gathered at the Olympic Park for their one true love on Valentines night - running.

Ifords Carol Muir was the sole Iford runner on the night.

Carol chose to race the 5k course and battled well against the elements to finish 207th in a time of 33:56.





CHINGFORD LEAGUE

Victoria Park

Saturday 17 February

The last individual event of the winter's Chingford League was held over a flat fast road course on a still sunny afternoon, perfect racing conditions. This year the race was a measured 5 miles instead of the usual 2 laps.

Four runners from Ilford AC took part as guests as the club does not enter the Chingford League

First home in 109th position was Dennis Briggs with 35 minutes 29 seconds, while the in form Carlie Qirem took 3 minutes off her personal best with 36 minutes 32 seconds in 126th overall and 25th in the ladies rankings. Doris Gaga ran with club endurance coach Rob Sargent and they both recorded 46 mins 29 secs for 205th and 206th respectively. It was Doris's best time for 3 years.









Press Report 19th February 2108









St Luke's Hospice Test Track 10

Dunton

Sunday 18th February

On a bright but cold Sunday morning Steve Parker, the sole runner from Ilford A.C. ran the St Luke's Hospice Test Track 10.

It is run on the challenging banked Ford test track at Dunton Essex, so offers runners the opportunity to see areas normally prohibited to the general public

Steve was happy with his first road race of the season finishing in 1hr 15.18

SCVAC Indoor Championships

Lee Valley

Sunday 18th February

Ilford's 'Super-Vet' John Batchelor ran four races in Sunday's Southern Counties Vets AC Indoor Championships, and won the M75 gold in all four.

John started the day with 800m in 2:56.40, and a close up fourth in a race of younger men and women.

An hour and a bit later he moved from fifth to third in the last 200m of the 3000m, again against younger athletes, finishing in 12:52.86, and another hour and a half later, while fourth behind three 400m specialists, set an M75 Championship Best of 78.16.

Within 15 minutes of finishing that he was called upon to compete in a 1500m championship comprising men and women of all masters ages so that the organisers could wrap up the meeting, and finished in 6:35.09.