



## **Bromley 10km (Incorporating the Essex Championship)**

Little Bromley Essex

*Sunday 8th April*

This years Essex 10km Championship was staged along with the Bromley 10km on quiet country roads from the Little Bromley Parish Church. The fast flat course was made a little slippery in the light rain which fell throughout the event. There was a good turnout of 21 runners from Ilford AC in the field of just over 500. Amin Kolkai was in good form coming home in 4th spot in a rapid 33 minutes 01 seconds to take the Essex M40 age category championship. He was backed up by the reliable Malcolm Muir in 27th in 35 mins 22 secs and 6th in the M40 grouping and Gary Coombes who recorded a personal best time of 36 mins 10 secs, on his debut for the club having recently joined, for 32nd spot. These three combined for the team competition and placed 4th in the county.

Steve Philcox came in 35th with 36 mins 22 secs with Neil Crisp recording 38 mins 01 secs for 59th. Terry Knightley was 112th with 41 mins 45 secs and Andy Catton was the 6th finisher in the M60 category with 43 mins 48 secs in 146th overall

There was also a personal best for Tony Young of 48 mins 09 secs.

Nicola Hopkinson was the leading lady for Ilford recording here best time for 4 years of 47 mins 21 secs to place 2nd in the F55 category and take the county silver medal as she placed 4th overall in the ladies championship. Gaye Young ran the distance for the first time recording a fine 49 mins 07 secs in 263rd overall while Anna Crawley was the clubs next lady home in 298th with 51 mins 05 secs.

Also ran for Ilford AC: Dennis Briggs (43.54 148th) Steve Parker (44.31 164th) Declan Cullen (45.28 178th) Satha Alaga (266th 49.20) Steve Cheal (267th 49.24) Julia Galea (409th 58.12) Carol Muir (442nd 61.37) Launa Broadley (464th 64.19) Julie Gillender (467th 64.49)



## Press Report. April 9th 2018





## **Paris Marathon**

*Sunday 8th April*

Under clear blue skies, with temperatures reaching 20 degrees, some 43,000 athletes ran through the streets of Paris including 2 runners from Ilford AC.

The course is one of the most scenic marathons to run and starts at the famous Avenue des Champs-Elysees and ends at the Arc de Triomphe after winding along the banks of the Seine River and some of the city's most beloved sites including Notre Dame Cathedral, the Eiffel Tower, and the Louvre Museum while featuring two big forests - the Bois de Vincennes on the eastern side and the Bois de Boulogne to the west.

Carlie Qirem was the first of the 2 Ilford runners home recording a personal best of 3 hours 58 minutes 14 seconds finishing 13412nd out of the large field. After a long winters training Carlie found the warm conditions difficult on the day but was very proud to knock almost 15 minutes off of her PB and join the exclusive 'sub 4 hour marathon' club.

Second Ilford runner home was Marathon veteran 'Peter Spelman'. Peter was pleased with his time of 4:28:29 which was a full 35 minutes quicker than his last French Marathon in 2017.











## **Manchester Marathon**

Sunday 8th April

Sam Rahman ran nearer to home in Manchester in more typical April weather of cloud cover and light drizzle.

The race starts and finishes at Emirates Old Trafford ground, home of Lancashire Cricket club, and heads on out to Altrincham and back.

Despite his build up being hampered by injury he put in a solid run recording 3hrs 05 mins 07 secs for 603th out of the 20000 plus runners.











## **LBBD 10K**

Dagenham

*Saturday 7th April*

On Saturday Ilford endurance coach Rob Sargeant laced up his trainers for the low key Barking and Dagenham Run4Life event of around 10k  
Run on a 2 lap course from the Civic Centre\Coventry University he recorded 58 mins 44 secs for a top 5 finish.













































