



## **VAC FIVE MILE WALK**

*Battersea Park*

Tuesday 17th April

There were eleven starters in the VAC five miles walk, which took place in good conditions at Battersea Park on Tuesday evening 17th April.

One Ilford AC walker made the trip south of the river. Making his VAC debut, Sebastian Parris won the race comfortably in a time of 43.26 over 6 minutes ahead of 2nd place, he even had chance to ease off the pace in the final lap of three as the London marathon beckoned at the weekend.

## **LONDON MARATHON**

Sunday 22nd April

Ilford had a team of 9 in action at last Sundays London Marathon. The bright sunshine and clear blue skies made in a hot day which acted against the runners after training through the cold winter.

Leading the way for Ilford AC was Amin Koikai . Amin passed through halfway in 1hr 13 mins and continued on at a good pace to finish in 2hr 36 mins 53 secs for 88th place in a field of 40138 finishers and took 2nd place in the M45 age category.

Next home was Sebastian Parris who in his 50th Marathon, the first also being in London in 2005, recorded 3 hrs 37 mins 07 secs despite having his preparations hindered by injury. Seb reached the halfway point in 1 hr 41 mins 07 secs and finished in 5373rd spot. Not far behind was Dennis Briggs in 8924th pace with 3 hr 56 mins 42 secs and Rohan Alexander in 10895th with 4 hrs 08 mins 53 secs.

The clubs leading female entrant Carlie Qirem ran a well judged race, two weeks after running in the Paris marathon, in 4 hrs 11 mins 42 secs for 11129th and 3003rd female home.

Ilford had three runners making their marathon debuts; Tony Young in 4 hrs 34 mins 37 secs, Adnan Karim 5 hrs 15 mins 36 secs and Natasha Mansouri with 5 hrs 40 mins 04 secs

Racewalker, Stuart Bennett heel-toed his way around the course in 5 hrs 25 mins 59 secs.

Ilford AC were also very well represented with a large turnout at the Water Station we



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manage at Mile 19 at Canary Wharf. Volunteers were kept busy on a scorching day keeping runners refreshed and offering vocal support, especially as our own runners came through.





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