

Mid Cheshire 5km

Kingsley, Cheshire

Friday April 27th

This popular 5km road race is based on the Cheshire village of Kingsley over a fast course. It incorporates the English 5km championship and therefore attracts a quality field. Recent Ilford AC signing Trevor Robinson travelled north to take part and was rewarded with a good time of 22 mins 19 secs finishing 373th in a field of 520 finishers.



Rayleigh 10k Cross Country

Sunday April 29th

Gary Coombes was the sole Ilford entry at the Rayleigh 10k cross country race organised by the Rotary Club of Rayleigh Mills.

The race starts and finishes at Belchamps Scout Activity Centre and follows a circular route through Hockley, Grove and Gusted Hall Woods.

The recent weather has been much talked about after last weekend's veritable heatwave but for this event it reverted to type and made for rather typical cross country conditions. It was



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cold and breezy and the course through the various woods contained good quantities of mud. Race numbers were issued based on predicted finish times and Gary was rather surprised to be handed the 003 number before the start.

Gary made a conservative start and quickly settled into 4th place.

Whilst two Southend AC runners (which included last year's winner) battled for top honours Gary consolidated his position and after just 1 mile had opened up a significant lead over the chasing field.

Gary kept sight of the 3rd place competitor but was unable to make any real inroads to cut the gap.

He eventually secured 4th place in an official time of 37:59.





RACE WALKING

Enfield League Combined 5k

Lee Valley

Saturday April 28th

GOOD SATURDAY MORNING TURNOUT

Ilford AC had a good turnout for Saturday morning's Enfield League combined men's/women's 5,000 metres walk at a cold Lee Valley Stadium track.

Pride of place went to the Walking Section's enthusiastic coach, former Scottish International Stuart Bennett, who showed he could do what he teaches others, when leading the Cricklefields-based contingent home in a time of 31 minutes and 16 seconds to fill 11th position in a high class field.

Next home was Mark Culshaw, 16th in 32.52 with stalwart Dave Kates just a position and 2 seconds in arrears.

Leading home Ilford's ladies, all of whom made their first competitive track appearance after a number of road walks, was Janice Bentley-Pearson in a commendable 35.07 for 18th overall spot.

Among a 9-strong turnout special mentions were merited for Rachel Lawless 23rd in 35.04 and Anne Scurfield & Lesley Morris, who both clocked 36.23 when occupying 29th & 30th places respectively.