

The Folkestone Coastal 10k

Sunday 27th May

On Sunday morning In the Blistering Heat of Folkestone Seafront in temperatures around 26c, Terry Knightley of Ilford Athletic Club, was the sole club member to contest the The Folkestone Coastal 10K Road Race.

Up against a huge field of 550 plus athletes, Knightley found the second half of the race up and down the Seafront, particularly challenging in the hot and humid conditions but still finished in a respectable 28th position overall.

His time of 41 Minutes and 26 Seconds was good enough for 2nd place in the MV55 age category – A category that he had won outright in the previous two years of the annual race.







Validity London 10k

Monday 28th May

On Bank holiday Monday over 15,000 runners lined up for the iconic Validity London 10k, including 15 runners from Ilford AC.

The race starts on the Mall, takes in such landmarks as Trafalgar Square, St Pauls, Horse Guards parade and Parliament Square before finishing in front of Buckingham Palace.

This years race was held in particularly hot and muggy conditions, but en-route showers, water stations and large crowds ensured all runners had an enjoyable and well supported event.

Leading the men home was Amin Koikai in a time of 33:18 which placed him in 137th place

and 2nd in his age group. Second home was the ever reliable Malcolm Muir in 36:38. Malcolm was closely followed by Sebastian Parris in 37:55 for 526th place and a new PB.

4th home was John Crawley in 40:26 for 856th place.

The men's team was completed with Dennis Briggs 43:32, Satha Alaga 49:01, Ernie Forsyth 50:34 and Billy Green 50:51.

First home for the ladies was Zuzana Sinalova. Zuzana had been concentrating on the track last season and the speed work certainly showed off as she took a mighty 3 minutes off of her PB over the distance to finish in 41:55. 2nd home for the ladies was Breege Nordin in 45:50 which placed her 5th on the day in her age group. 3rd home for the ladies was Carlie Qirem who continues her fantastic form over the last year with yet another PB in a time of 46:23.

Carlie was closely followed home by Gaye Young who came back from a long lay off with illness to finish in a time of 46:53 and a new PB.

The ladies team was completed by Frieda Keane 59:02, Launa Broadley 1:04:24 and Sheila Sinclair 1:07:41





Hatfield Broad Oak 10km

Monday 28 May

Now in its 33rd year, the Hatfield Broad Oak 10K has grown to be one of the largest and most popular road races in the South East, attracting 1500 runners nationwide.

Held in the medieval village of Hatfield Broad Oak near Bishop's Stortford and organised by the local school PTA the race is held on country roads which are fully closed to traffic which



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gives the race a very special atmosphere as residents and spectators gather to cheer you on as you loop through the village in a figure of eight eventually finishing on the beautiful village green in the heart of the village.

A squad of 12 from the endurance team at Ilford AC took part in the vent with Gary Coombes leading the way in 17th place, and 1st in the M45 category, in a fine time of 36 mins 50 secs. Next home was Dan Holeyman on his club competitive debut in 40 mins 29 secs, while Steve Parker put in a good performance in 234th spot and 8th in the M60 group in 46 mins 39 secs. Alan pearl recorded a personal best time of 47 mins and 08 secs for 264th and there was also a personal best for Rhoan Gabbidon of 47 mins 51 secs for 284th. Ray Everington also made his club debut crossing the line for 896th place in 63 mins 18 secs. and Pam Jones was 2nd lady over 70 in 1004th with 69 mins 07 secs. Brennie Gabbidon improves with very race and set a new best time for the distance of 70 mins 43 secs in 1034th.

Also in action were:- Tony Young (320th 48.36) Rob Sargent (529th 54.09) Julia Galea (735th 58.38) Carol Muir (938 65.07)



