



Davos Running Festival

Switzerland

Tuesday 24th – Saturday 28th July

Ilford AC member Peter Spelman travelled to Switzerland last week to take part in the Swiss Alpine Davos Running event.

The meet sees runners take part in a series of different races and trail runs and is often popular with tourists.

Spelman's first race was last Tuesday when he took part in a 4k race on a hilly course around Lake Davos, in which the Ilford man finished as the fifth fastest M65 athlete in 27 minutes 35 seconds.

On Saturday, Spelman then took part in the K43 race, which was a 43k run through the Swiss Alpines that includes 1500m of climb.

Despite his lack of acclimatisation, he was very pleased to finish well within the cut off time of 10 hours, finishing in 7 hours and 57 minutes.



Summer Mile

London Marathon Community Track

Friday 27 July

A series of mile races were staged at the London Marathon Community Track, which is located next to the Olympic Stadium in Stratford on Friday evening. The athletes were fortunate that the heavy rain and thunderstorm passed just the meeting was to start.

Ilford Ac had 4 entrants in the event and Rob Sargent and Carol Muir lined up in heat 1. Rob came home in 13th spot in 7 mins 22.84 secs, with Carol 17th with 8 mins 41.30 secs. Bree Nordin ran in heat 2 and recorded 6mins 30.1 secs. The fastest Ilford runner on the night was Sam Rahman in the 8th race of the programme with 5 mins 05.95 secs for 12th spot



