



British Masters Cross Country Championships

Belfast

March 9th 2019

The British masters cross country championships returned to Northern Ireland for the first time in 9 years.

The race was held on a 2km grass loop on the rolling grounds of the storming estate.

Julia Galea of Ilford AC took part in the 3lap 6km ladies race which also featured the men over 65. Galea had an inspiring run to finish 42nd overall in a time of 37.13 to place 2nd in the F60 age category and take the Silver British medal





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March 10th 2019

The Hillingdon 20 is a new race to the racing Calendar and is ideal preparation for those runners preparing for a Spring Marathon.

What wasn't ideal though was the blustery winds which seemed to be blowing into the runners faces for most of the 4 lap 20 mile course.

Ilford AC had one runner in attendance, Danny Holeyman, who is running his first London Marathon in Ilford colours in April.

Danny has enjoyed a very successful preparation for his marathon, achieving PB's at 6 different distances over the last 6 months

Danny overcome the conditions on the day to run a remarkable 2 hours 20 mins and 07 seconds for 38th place in his debut at the distance, a performance he was very pleased with and one that holds him in good stead for next months London Marathon.



Surrey Half Marathon

Woking

March 10th 2019

The Surrey Half Marathon boasts a scenic single lap course and follows a fully road closed route out from Woking town into the rural delights of the nearby quaint villages.



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Aditya Patil was the only Ilford runner in attendance and was very pleased with his time of 1 hour 47 mins and 55 seconds in what was his debut run over the distance.





The Vitality Big Half

Central London

March 10th 2019

The Vitality 'Big Half' is a well organised Half Marathon taking runners on a fully closed route through Central London.

The run starts at Tower Bridge, making its way through Canary Wharf before heading back with a finish by The Cutty Sark.

This years winner was Sir Mo Farah and whilst none of the 5 Ilford runners in attendance were able to beat Mo, all put in very good performances that they can be proud of.

First Ilford runner home was Amin Koikai who finished in a remarkable 1 hour 14 mins and 57 seconds to place him 158th, and 6th in his age category, in a field of over 12,000.

Next home was a new member to the club Steve Chissell who also impressed with a time of 1 hour 32 mins 8 seconds.

First Ilford female home was Zuzana Sinalova who was pleased with her time of 1 hour 33 mins 44 seconds for her debut at the distance.

Next home was Peter Spelman who continues to do numerous Half and full marathons every year with a time of 2 hours 3 minutes and 54 seconds.

Completing the Ilford contingent was Karen Kufuor who had put a lot of training into her first half marathon, and was delighted with her time of 2 hours 29 mins 10 secs







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Finally a very big well done to 2 Ilford Runners who completed parkrun milestones at the weekend.

Carol Muir completed her 400th parkrun, whilst Sheila Sinclair completed her 250th on the same day. Both milestones were completed at Valentines Park with a large crowd of teammates in attendance to cheer them on.





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