



World Masters Championships

Torun, Poland

24th - 30th March 2019

A small squad of runners have travelled out to 'The 8th World Indoor and road championships' being held in Torun, Poland, and on the very first day of action Ilford AC picked up a bronze medal. Pam Jones who is representing Great Britain ran the F80 3000m and took the 15 laps at a consistent pace to finish third in 22 mins 13.57 secs

The second day featured the cross country races. The course was tough undulating 2km lap. the first race was for athletes over 75 and was over 3 laps. Pam Jones of Ilford AC was the only British team member in the F80 age category. Looking in better form than in the previous day's 3000m Pam improved her position to second to take the silver medal in 50 mins 35 secs for the 6k race. Later in the day a second Ilford AC runner was in action. Julia Galea ran the F60 4lap 8km race as the ambient temperature of the day began to fall. Julia came home 21st and fourth Briton in 48 mins 43 secs.



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Lee Valley Run Fest

24th March

Sunday saw the third running of the 'Lee Valley Run festival' consisting of a number of races over different distances.

Ilford AC athlete Alan Pearl opted for the Half Marathon distance, a 2 lap traffic free course along the scenic tow paths and canals that surround the Lee Valley White water centre.

Despite a virus that almost caused Alan to pull out of the race, he ran a very respectable 1 hr 43 mins 14 secs to finish 10th V50 male on the day.

Fairlop Waters Charity 5k

24th March

4 Ilford runners were in attendance at the Annual Fairlop Waters Charity 5k race in aid of St. Francis Hospice. The club also volunteered 7 members to assist with the marshalling and timekeeping on the day.



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Over 200 runners took part, on what turned out to be a warm spring morning, with many families in attendance and running together for charity

On a scenic 2 lap course around Fairlop Waters, husband and wife team Roger and Sharon Honey led the Ilford contingent home, finishing in 15th and 16th places respectively in times of 26:49 and 27:03.

Third home was Mandeep Bassi in 19th place for a time of 27:56.

Completing the quartet of Ilford runners was Catherine Green who in her first race for a few years finished a respectable 67th place in 41:37.



