



## **World Masters Championships**

Torun, Poland

*24th - 30th March 2019*

On the Wednesday of the World Masters Indoor and Road Championship the 10km road race was held. On a bright, sunny but chilly morning the competitors headed out on a fast out and back course. Ilford AC had three ladies wearing the British kit in the event and Nicola Hopkinson showed good form finishing 8th in the F55 age category in 47 mins 19 secs, her best time for 5 years. Julia Galea came home in 15th in the F60 group in 56 mins 15 secs, which is her best for over a year.

Ilford legend Pam Jones completed the trio and took her third championship medal as she came in 3rd in the F80 category with 77 mins 52 secs. In these games Pam has won a silver and 2 bronze medals.

On the last day of the games the half marathon was held on a similar out and back course to the 10km on another bright sunny morning.

There was more success for the Ilford ladies as Nicola Hopkinson was the third placed Great Britain team member in the F55 age category finishing in 1hr 45 mins 04 secs. It was her best time since 2013

Julia Galea was in action again in this race running a steady race to finish in 11th in the F60 age grouping in 2 hrs 02 mins 14 secs











## **Orion 15**

Epping Forest

*Saturday 30th March.*

The Orion 15 is described in Runners World magazine as '15 miles of pure old school cross country. A slog through the beautiful Epping Forest which gets tougher as the miles and hills tick by'.

John Crawley was the only Ilford Runner to brave this years run, finishing in 95th place with an excellent time of 2:05:13 for the course



**Braintree 5**  
*Sunday 31st March*



## Press Report 2nd April 2019

Ilford AC sent a very strong team of twenty seven runners to Braintree for the annual running of the 5 mile race that takes runners on an all road, undulating course, through the town. This year's race also incorporated the 2019 Essex Road Championships.

Leading the team home in 9th place, in a field of nearly 500 runners was Tom Gardner in a time of 27:30.

Next home in 20th position was Malcolm Muir in 28:39 which placed him 4th M40 on the day.

Following not far behind was Sam Rahman 30th 29:26.

Tom, Malcolm and Sam combined for a team Bronze.

Following closely behind was Seb Parris 39th 30:21, Steve Philcox 42nd 30:32 and 4th V50 on the day and Dan Holeyman 49th 30:54 for an incredible 9th consecutive PB in Road races over the season. Just behind Dan with the second pb of the day was Haydn Newland 51st 30:56.

Leading the ladies home, adding another PB to her list of recent achievements, was Carlie Qirem in a time of 36:09 for 151st place, followed closely by Amy Louise who is returning from injury in a time of 36:48 for 166th. Another lady returning from Injury is Gaye Young who impressed with a time of 39:30 for 219th with Sharon Honey Completing the female team in 43:15 for 290th.

Completing the squad was:- Diarmuid MacDonell 62nd 31:30, Terry Knightly 125th 34:55, Alan Pearl 159th 36:32, Andy Catton 160th 36:35, Dennis Briggs 169th 36:56, Steve Parker 184th 37:50, Tony Young 200th 38:34, Ernie Forsyth 206th 38:55, Alison Sale 302nd 44:08, Ray Sparra Everingham 45:52, Freida Keane 337th 46:25, Mandeep Bassi 350th 47:23, Carol Muir 392nd 49:42 and Julie Gillender 422nd 43:32





In other news Tony Nixon returned from a long injury lay off to compete in the Felixstowe parkrun. Tony finished in a time of 19:58 which now makes Tony the fastest over 70 athlete in the UK at the distance, topping the UK Over 70 rankings by 20 seconds