

BOSTON MARATHON

Monday 15 April

The early morning storm past over the 135th Boston Marathon course and at the start the weather conditions were good, warm with a slight tail breeze for this point to point race for Hopkinton to the centre of the city of Boston.

Nicola Hopkinson of Ilford AC was among the 30000 starters and ran her usual steady race to reached halfway in 1 hr 51 mins 33 secs.

The Newton Hills at 20 miles slowed her a little in the second half and Nicola finished 16,312nd and 193rd in her age category in 3 hrs 57 mins 35 secs.





VETS AC 5

Battersea

Tuesday 16th April

Tuesday evening saw the Vets Athletic League stage a 5 mile race in Battersea Park. Brennie Gabbidon in only her second race back from a long lay off put in a very good performance to finish 37th in a time of 59:54.

This was a good enough run to place her 2nd in the W40 category

Crown to Crown 5k

Basildon

Friday 19th April

Four Ilford AC Runners ventured to Langdon Hills in Basildon on Good Friday Morning for the notoriously tough and hilly Crown to Crown 5K Multi-Terrain Race.

Starting and finishing at the Crown Public House on the edge of Westley Heights Woods and running through the woods with 382 other runners, leading the Ilford AC contingent home was Frank McGowan in 24th position and time of 21 minutes and 1 second.

Following him home in 33rd place on yet another comeback was Terry Knightley still recovering from a career threatening prolapsed disc in his spine in 21 minutes 48 seconds. Next in was Bradley Brown in 23 minutes 49 seconds for 75th place followed by Kim Baxter in 304th position in 34 minutes and 23 seconds.