

ITU world multisport championship

Pontevedra. Spain

2nd May

After a previous run of good aquathlon (swim/run) results last year, Seb Parris was picked by British triathlon to represent the age group team in the recent international triathlon union's world multisport championship taking place in northern Spain.

Pontevedra played host due to being a training home of current triathlon legend Javier Gomez.

The aquathlon was a mandatory wetsuit swim of 1000m due to the cold atlantic waters reaching just 14 degrees. Seb was out the water lying in 22nd place.

The 5km run was at the other end of the weather scale being 23 degrees with no shade! After his legs thawed out Seb ran very well on the 2 lap course and moved up 5 places to finish in 40.47 for 17th place in his age group race.









AIMSE 5km

Hyde park

Thursday 2 May

Dan Holeyman of Ilford AC took part in the AIMSE 5km in Hyde Park on Thursday evening. Still feeling tired from the previous weekend's London Marathon he posted a good time of 19 mins 22 secs to win the first master V40 trophy

Bristol 10k

5th May

The Bristol 10k is a part of the 'Simplyhealth' Great run series.

The run starts near Bristol Cathedral and runs parallel to the historic Bristol Harbour before continuing along Avon Gorge and taking in the iconic Clifton Suspension Bridge.

Ilford's Malcolm Muir, showing his normal gutsy style, ran the race in a great time of 34:49 for 38th place overall and second in the V45 category.

The race was won by Chris Thompson of Aldershot AC in a time of 29:35

WITHAM 10 mile road race

Monday 6 May

There were 13 Ilford AC endurance runners in the May Day 10 mile road race over an undulating but fast course on country roads. It was a successful day out for the club with the runners claiming 5 personal best times, 3 debuts over the distance and 1 top 10 finishers.

First man home from the club was Paul Holloway in 7th spot in a good time of 60 mins 06 secs claiming 2nd place in the M50 age category.

One place and 28 seconds behind was Sam Rahman, with Dan Holeyman coming in with 67 mins 20 secs for 29th overall. Dennis Briggs was the first to claim a new best time for the distance of 73 mins 13 secs in 57th.

Gaye Young led the Ilford ladies challenge in her first race over the distance recording a

creditable 79 mins 30 secs for 93th placed. Another running a 10 miles race for the first time was Rhoan Gabbidon recording 81 mins 01 secs for 100th, while Julia Galea had a good run just 8 days after the London marathon just missing her personal best as she finished 159th in 91 mins 30 secs.

There were new best times for both Alison Sale in 92 min 29 secs in 164th and Ray 'Sparra' Everingham' in 92 mins 55 secs for 166th.

Also setting a new personal best was Frieda Keane in 96 mins 05 secs finishing 194th, just 8 days after running a great time in the London Marathon.

Mandeep Bassi was another distance debutant in 207th with 100 mins 10 secs.

The fifth personal best of the morning was set by Launa Broadley with 1 hr 41 mins 35 secs for 215th and Brennie Gabbidon completed the Ilford squad with 2 hrs 2 mins 16 secs as she raced 10 miles for the first time.

