



Vitality Westminster Mile

Sunday 26th May

The Vitality Westminster Mile is the world's biggest timed mile event, with over 9,100 runners setting over in 30 waves over many separate categories.

The men's race was won by Chris O'Hare in exactly 4 minutes, the fastest in the events 7 year history, whilst the women's was won by Melissa Courtney in 4:31.

Amongst the runners were 6 juniors and 11 seniors from Ilford AC, with virtually all claiming a PB for the distance.

Fastest Junior on the day was Mungo Prior with 4:38, closely followed by Jak Wright 4:45 and Bradley Deacon 4:56 in the U17 category.

Matthew Hick finished in 5:15 in the U15 category, with brother Aaron Hick finishing in 6:08 in the U11's.

Only female junior on the day was Jordan Hinds who ran 6:36 in the U20 category.

The Ilford AC Seniors were competing in a variety of waves and categories but in order of time finishes they were led home by Amin Koikai who finished in 18th place of over 9,000 runners in a time of 4:45.

Amin was followed by Sam Rahman 4:55, Steve Philcox 5:20, Krystal Balogun 5:43, Dennis Briggs 6:07, Alan Pearl 6:17, Tony Young 6:50, Julie Gillender 8:47, Carol Muir 9:05, James Hubbart 9:18 and Gaye Young, who ran with her young son Warren finishing jointly on 9:36.





Vitality London 10k

Monday 27th May

On Bank holiday Monday over 15,000 runners lined up for the iconic Vitality London 10k, including 24 runners from Ilford AC.

The race starts on the Mall, takes in such landmarks as Trafalgar Square, St Pauls, Horse Guards parade and Parliament Square before finishing in front of Buckingham Palace.

This years race was won by Sir Mo Farah for a 6th successive year in a time of 28 mins 14 seconds, with the ladies race won by Steph Twell in 31:55.

The 9 men and 15 ladies of Ilford AC all put in great performances on a warm day and all did



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the club proud.

First finisher was Seb Parris in 557th place for a time of 37:19 and a new PB. Second home for the club was Diarmuid MacDonnell who also claimed a PB for 1015th place in 39:45, followed by Gary Coombes in 40:35 for 1,201st place.

Ilfords males were completed by Philip Davies 42:02, Dennis Briggs 44:29, Rhoad Gabbidon 46:23 PB, Billy Green 50:26, Satha Alaga 53:01 and Peter Spelman 1:03:15.

The ladies were led home by Zuzana Sinalova in 1,564th place for 41:59. Second home for the club was Carlie Qirem in 49:00 closely followed by Gaye Young in 49:23.

Ilfords long list of female runners were completed by Nadia Crellin 53:48 PB, Pauline Tester 54:36, Alison Sale 56:05, Sharon Honey 56:22, Mandy Reid 58:12 PB, Mandeep Bassi 58:35, Frieda Keane 59:53, Launa Broadley 1:03:30, Sheila Sinclair 1:06:57 PB, Karen Kufuor 1:07:36 PB, Verna Grant 1:08:25 and Brennie Gabbidon 1:13:25









Hatfield Broad Oak 10km

Monday 27th May

Now in its 34th year, the Hatfield Broad Oak 10K has grown to be one of the largest and most popular road races in the South East, attracting 1500 runners nationwide.

Held in the medieval village of Hatfield Broad Oak near Bishop's Stortford and organised by the local school PTA the race is held on country roads which are fully closed to traffic which gives the race a very special atmosphere as residents and spectators gather to cheer you on as you loop through the village in a figure of eight eventually finishing on the beautiful village green in the heart of the village.

Three Ilford AC runners were in attendance this year and were led home by Sam Rahman who finished 16th place overall in a time of 36:40.

Sam was followed home by Tony Young in 50:59 and Julia Galea in 56:27 for 6th V60 female on the day.





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