



With a couple of races cancelled last weekend due to waterlogged courses, Ilford AC 'flooded' the local parkruns with runners on Saturday.

SHEPTON MALLET

Shepton Mallet was the unlikely location for Ilfords quickest parkrun of the year. In a field of 168 runners Ilfords young star Mungo Prior finished first in an incredible time of 16 mins 54 seconds, 90 seconds in front of the second placed runner.

ILFORD

Valentines parkrun in Ilford saw 10 Ilford runners compete including 3 finishing in the top 10..

Winning the race in a new pb of 17:17 was Gary Coombes which caps off a great year for him at the club.

Finishing in 8th place, and also gaining a pb was John Crawley in a time of 19:12.

Finishing in 9th place was Diarmuid McDonnell running on his birthday in a time of 19:40.

Diarmuid brought a birthday cake to the run, which may have been another reason for the good attendance from the club.

Also running at Valentines were Bradley Brown 82nd 25:25, Alison Sale 94th 26:17, Mandy Reid 159th 29:15, Sparra Everingham 160th 29:16, Freida Keane 167th 29:38, Mandeep Bassi 195th 32:20 and Karen Kufor 219th 33:49.



BARKING

First Ilford runner home at Barking parkrun was Anthony Young in 30th place for a time of 24:47.

Following Anthony was Steve Chissell 55th 28:31 and Carol Muir, amazingly completing her 438th parkrun in a time of 29:42 for 60th place.



ROMFORD

Two Ilford runners made the trip to Raphaels park in Romford, where the course had to be altered last minute due to the lake there overflowing.

Phil Davies was 28th in a time of 22:08 and James Huddart was first V70 male in a time of 33:13 for 199th place

THURROCK

Ilfords legendary (for his hairstyles) Terry Knightley took part in the Orsett Heath parkrun in Thurrock and finished in 11th place in a time of 22:09

Also running was Kim Baxter who came in at 34:30 for 66th place.

MINEHEAD

Ilfords Peter Ryan ran the Minehead parkrun to finish 104th in a time of 34:51