



VAC 5km

Battersea Park

Wednesday 14 July

There were three members of Ilford AC in action in the recent VAC Masters 5km held over the usual fast two lap course in Battersea Park.

Dan Holeyman set off in the leading group and worked hard throughout the race to finish 15th and 5th in the M45 category in 17 mins 53 secs, just outside his personal best for the distance. Ed Skinner also showed good form coming home in 23 mins 59 secs, his best time for over 3 years, in 58th spot and 5th in M65 category.

In the race walk Lesley Morris finished 4th lady in 33 mins 38 secs, a new personal best by over 30 seconds









Sri Chinmoy 10km

Battersea Park

Saturday 17 July

Dan Holeyman returned to Battersea on Saturday morning to take part in the Sri Chinmoy 10km. The course is also over the fast flat paths within the park and Dan finished 45th in a strong field improving his fastest time for the distance to 37 mins 13 secs

Orion Forest 5

Chingford

Saturday 17th July

On a very warm Saturday morning 4 Ilford AC athletes were amongst the 147 runners lining up for the first in the series of 3 'Forest 5' runs organised by Orion Harriers.

The race was to be one of the last that was run under Covid restrictions with runners setting off in waves according to their age category.

The course follows a one lap multi terrain route around Epping Forest with plenty of hills to contend with.

First home for the club, and also claiming first M50 on the day was Stephen Philcox in a time of 32m 12s for 15th place. Breege Nordin claimed first W60 in exactly 40 minutes for 48th place. The team were completed with fine runs from Alison Sale in 42m 58s for 71st and Frieda Keane who came in on 51m 27s, despite getting lost on the course, who finished in 108th place.



Caterham Half Marathon

Redhill

Sunday 18th July

The Caterham Half Marathon, incorporating the British Masters Championship, was held on a two lap course over rural roads from Redhill Aerodrome on the hottest day of the year.

The race was won by Scott Overall who represented Great Britain in the marathon at the



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London 2012 Olympics in an impressive time for the conditions of 69 mins 11 secs.

Dennis Briggs adapted well to the conditions coming home in 1hr 34m 47s, just over a minute slower than his best, to finish 63rd in the race and place 7th in the M45 British Championship.

Julia Galea found the going tough coming home in 222nd spot in 2h 20m 23s, which placed her second in the Britain Masters event taking home the silver medal. Her performance also won her the gold in VAC Championship which was also part of the event.





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