



## **Cardiff University Half marathon**

*Cardiff, Wales*

27th March 2022

The Welsh capital had to wait 903 days for the return of the Cardiff University Cardiff Half Marathon, the nation's largest mass-participation event.

Starting just outside Cardiff Castle the participants raced through the city centre, past the Principality Stadium and Cardiff City Stadium before crossing the barrage to take in Cardiff Bay. From there they headed for the Roath Park loop before a sprint finish in the heart of the city at the Civic Centre.

In a quality line-up, which included Kadar Omar of Birchfield and the Mohamed brothers from Southampton, Ilford's Ahmed more than held his own on his first attempt at the distance going with the main group at the beginning slipping back to 16th place, but coming back strong in the latter part of the race to finish in 10th in a brilliant time 67minutes dead.

The eventual winner Kadar Omar of Birchfield finished in 62 minutes 46 seconds

## **LAST FRIDAY OF THE MONTH 5km**

Hyde Park, London

*Friday 25 March*

On a spring like day two athletes from Ilford AC took part in the lunchtime 5km in Hyde Park over a two lap fast course

There are 2 races, an 'A' race for those expecting to finish in under 22 minutes, and a 'B' race for all others. Both Ilford runners competed in the 'A' race.

Gary Coombes attacked the race and was rewarded with a fast time of 16 mins 38 secs for 14th place. This time places Gary 2nd in the all-time Ilford AC records for a V50 male over the distance.

Dan Holeyman also showed great form for 35th spot in 18 mins 05 secs



### **Victoria Park 10k**

East London

*Sunday 27th March*

On a cool Sunday Morning Sameena Ahmed of Ilford AC took part in the scenic tree lined Victoria Park 10k in East London.

Getting off to a fast start Sameena held the pace to finish strongly in a time of 39:58 which placed her 7th overall and first female finisher. This time also secured her the fastest time for a F40 athlete over the distance in Ilford AC's 99 year history.



**Alloa Half Marathon**

*Alloa, Scotland*

20th March 2022

Siblings Carol and Malcolm Muir, traveled to Scotland for a weekend of racing.



## Ilford AC Press Report. March 29th 2022

They started on Saturday at Linwood parkrun near Glasgow. Malcolm came in 2nd in a time of 17.24 and Carol came home in 94 place in a time of 30mins 47 secs in a field of 134 finishers.

On Sunday they both took part in the 38th running of the Alloa Half Marathon. The course is a fast scenic one, with long flat stretches along the foot of the Ochil Hills, but at 11 miles there is a character building hill to contend with.

Malcolm came home in 23rd place in 1hr 18 mins 10 secs for 9th place in age group 40-49.

Carol finished in 1235th place in 2hrs 31 mins for 89th lady finisher in her age group, In a field of over 1320 finishers.

Also competing in the race was past Ilford AC president Robin Davis' son Andrew, who is a member of a PH Racing a Scottish athletic club He came home in 10th place in a time of 1hr.14mins 39 secs and was 5th in the 40-49 age group.

