



British Universities & Colleges Sport (BUCS)

10,000m Championships

Loughborough

23rd April 2022

Iford AC athlete travelled to Loughborough at the weekend as part of the British Universities and Colleges National Championships.

Taking part in the 10,000m Ahmed pushed eventual winner Alfie Manthorpe hard, taking second place in a season's best time of 30 minutes 21.48 seconds.



REEDY RUN 10km

Greenville South Carolina

Saturday 23 April

The 44th Reedy Run in Greenville South Carolina was run on a hot sunny weekend, however the early 7.15am start was beneficial as the temperature was still in the low 20's C.

The race is mostly held within the picturesque Falls Park and Cleveland Park with some challenging hills on route.

Iford AC endurance coach Rob Sargent laced up his shoes for the run and ran a smooth race, although



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struggling a bit on the climbs to finish in a years best of 59 mins 29 secs for 364th in a field of 719 finishers and 16th in the M65 category.

Vienna City Marathon

23rd April 2022

The second Ilford AC athlete to represent the club internationally this weekend was Zuzana Sinalova. Although Zuzana has moved back to her native Slovakia she continues to wear the Ilford vest and represent the club when she races.

This weekend she travelled to Vienna to compete in the Vienna Marathon.

On an unseasonably warm April day Zuzana ran perfect splits, reaching the halfway point just short of 1 hour 50 minutes and finishing in 3 hours 39 mins 30 seconds.

This was a 20 second personal best over the distance and placed her 28th in her age category and 152nd overall female on the day

