



Summer Ware Cup

Loughton

Thursday 19th May

Ilford had a large youth squad and small Senior squad entered for the Ware Summer Cup on a warm Thursday evening in ideal conditions for racing.

Mohamed Zergout had a great race in the U17's finishing 2nd on the 5k course in a time of 23:41.

In the U15's race Samuel Crane really impressed coming home in first place in 20:49 over the 5k course whilst Anika Sharma was 4th girl home in 27:30.

Ilford had 2 boys in the U13 race over 1.5k, Tyran Pabla finishing 12th in 7:44 and Luke Thake 17th in 8:41

Finally in the U11 race, also over 1.5k Sofia Crane came in on 9:33 for 11th followed just 3 seconds later by her brother Saif Crane. Saavi Saenia came in just 3 places later in a time of 9:43

Seb Parris led the Ilford Senior team home in 15th place in a time of 31:19 over the 5 mile course, followed closely by Steve Crane, who had just watched his 3 children compete in the Juniors race, in 25th place for 32:55.

Frieda Keane led the ladies home in 47th place for 48:56.





Hackney Half Marathon

Sunday 22nd May

The Hackney Half Marathon is one of London's newest, and largest halves with over 13,000 athletes congregating on Hackney marshes for the early start.

The route skirts parks and the major roads through Hackney, which are all closed to traffic, before winding its way through the Olympic park and finishing back on Hackney Marshes.

Despite the early start the heat was intense as the race got going and there were reports of a few people collapsing with heat exhaustion.



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Fortunately Ilford's contingent of three runners got through unscathed and all posted good results.

Dennis Briggs led the team home in 1:34:48.

Next home was the ever reliable Frieda Keane running in her second race of the week in a time of 2:16:42.

Frieda was closely followed by Mandy Reid in a time of 2:17:45. Mandy also competed in the Hackney 5k the day before as part of the Hackney Festival of running. Mandy's time in the 5k was 27:35.



Kirton Friday 5

Friday 20th May

Part of the Felixstowe Summer 5 series, Malcolm Muir put in his normal gutsy performance to finish 16th and



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2nd V45 in a time of 28:48

Great Baddow 10 Miles

Sunday 22nd May

The Great Baddow 10 celebrated its 40th Anniversary on Sunday and probably the hottest in its history. Amin Koikai of Ilford however defied the undulating conditions and heat to finish in 3rd place overall and 1st M50 in an incredible time of 58 mins 37 seconds