



Press Report 21st February 2023

Friday Night Under the Lights 5k

Battersea Park

Friday 17th February

The PUL5K race is a joint collaboration between Friday Night Under the Lights 5K and Podium 5K held in Battersea Park in South West London. This annual get-together of the UK's finest distance runners and ambitious club athletes always delivers fast results and this year was no exception.

3 Ilford runners made the journey South of the river and all managed to break the 16 minute barrier.

Mungo Prior was 25th in a time of 15:24, Joseph Grange 29th in 15:28 with Paul Grange coming home in 44th place, and 3rd in his age category in 15:45



Friday Night in the dark 5k

Hainault Forest

Friday 17th February

Meanwhile in Hainault Forest, Ilford AC held its own 'Friday Night 5k' in Hainault Forest.

The event is held at 7pm and takes in the Hills and terrain that was used for the previous week's Essex League race but in the pitch black so all entrants need to wear chest or head torches, especially if not within sight of other competitors.

This year's race was dominated by the ladies with Jordan Hinds a clear winner in 23 minutes 23 second, a



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full minute and 10 seconds ahead of second place Anna Crawley in 23:33 and Alison Sale grabbing third in 23:45

First male home was Billy Green who finished in 26 minutes exactly after a sprint finish with Wayne Hick, who was 5th just 3 seconds later.

Sharon Honey, who is running well after a little lay off with a hip injury was 6th in 27:53 with Jim Tilbrook coming home in 7th place a little way back in 28:43 followed by Manju in 29:06 and Julia Galea in 30:21.

A small award ceremony was then held in the clubs headquarters



