



WORLD MASTERS INDOOR AND NON STADIA CHAMPIONSHIP

Torun, Poland

Further afield Ilford AC endurance coach Rob Sargent has been taking part in the World Masters Indoor and Non Stadia Championships, being held in the indoor arena in Torun, Poland with the road and cross country being staged in the adjoining area.

Rob's first race of the tournament was the cross country, which was raced on 2 km loops in the park which featured several stiff climbs per lap. Rob took part in the M65 age category 8km event on a cold afternoon with snow flurries through the race. The course was a tough challenge and Rob finished 28th in 56 mins 36 secs.

The following day, the 10km road race was held on a bright, sunny but bitterly cold morning on an out and back course on which fast times were possible.

The race started in temperatures of -5C and there was an impressive front running performance from Kenyan Keneth Mburu. He has an impressive record of 9 international marathon wins, including 4 at Toronto, and a personal best of 2hrs 07 mins 36 secs for the distance. Keneth came home in the 10k distance 29 mins 28 secs, to win by almost 2 minutes and take the gold medal in the m45 age group. Rob, in a field of over 250, came home in 62 mins 32 secs for 17th place in the M65 age category.

London Landmarks Half Marathon

2nd April 2023

On Sunday, in perfect running conditions, Alison Sale combined her love of London and Running to take part in the London Landmarks Half Marathon.

Runners started at Pall Mall, headed past Nelson's Column, Royal Courts of Justice and The London Eye. They continued past St Mary-Le-Bow church with the famous Bow Bells chiming before zigzagging around St Paul's Cathedral, The Bank of England and the Monument before hitting the most easterly part of the route outside the Tower of London.

The final 3 miles took runners along the Thames before hitting Big Ben and finishing by Downing Street.

Alison was very pleased with her run and finished 43rd in her age group in time of 1:55:58





Press Report 4th April 2023

St Clare Hospice 10k

Harlow

2nd April 2023

Julia Galea travelled to Hastingwood in Harlow on a pleasant Sunday Morning to contest The Annual St Clare Hospice 10K Road Race.

Over a one lap countryside hilly road course against a field of 349 other runners

Julia Galea ran a great race to finish in 244th Place in 1 hour, 1 minute and 30 seconds for 17th in The Female Veteran Over 60 Category.

All Finishers received a commemorative medal.





Press Report 4th April 2023

Brighton Marathon

2nd April 2023

Gregory Bond, who recently joined the club, ran in the Brighton Marathon.

The event is a popular event in the Marathon Calendar with a great seafront finish in front of large crowds. Gregory ran a great race to finish 89th Male on the day in a time of 3 hours, 4 minutes and 25 seconds, a time which proves he is going to be a great addition to the Ilford endurance squad.

