



Press Report 20th February 2024

British Masters Indoor Championships

Lee Valley

17/02/2024

After so many issues with injuries over the season, Krystle Balogun went into last weekend's British Masters wanting to race well, but without too many expectations..

Competing in the 200m Krystle made an explosive start to the race, always being in contention of a medal, and not only did she exceed all her expectations but she finished with a silver medal and a personal best time of 26:48.

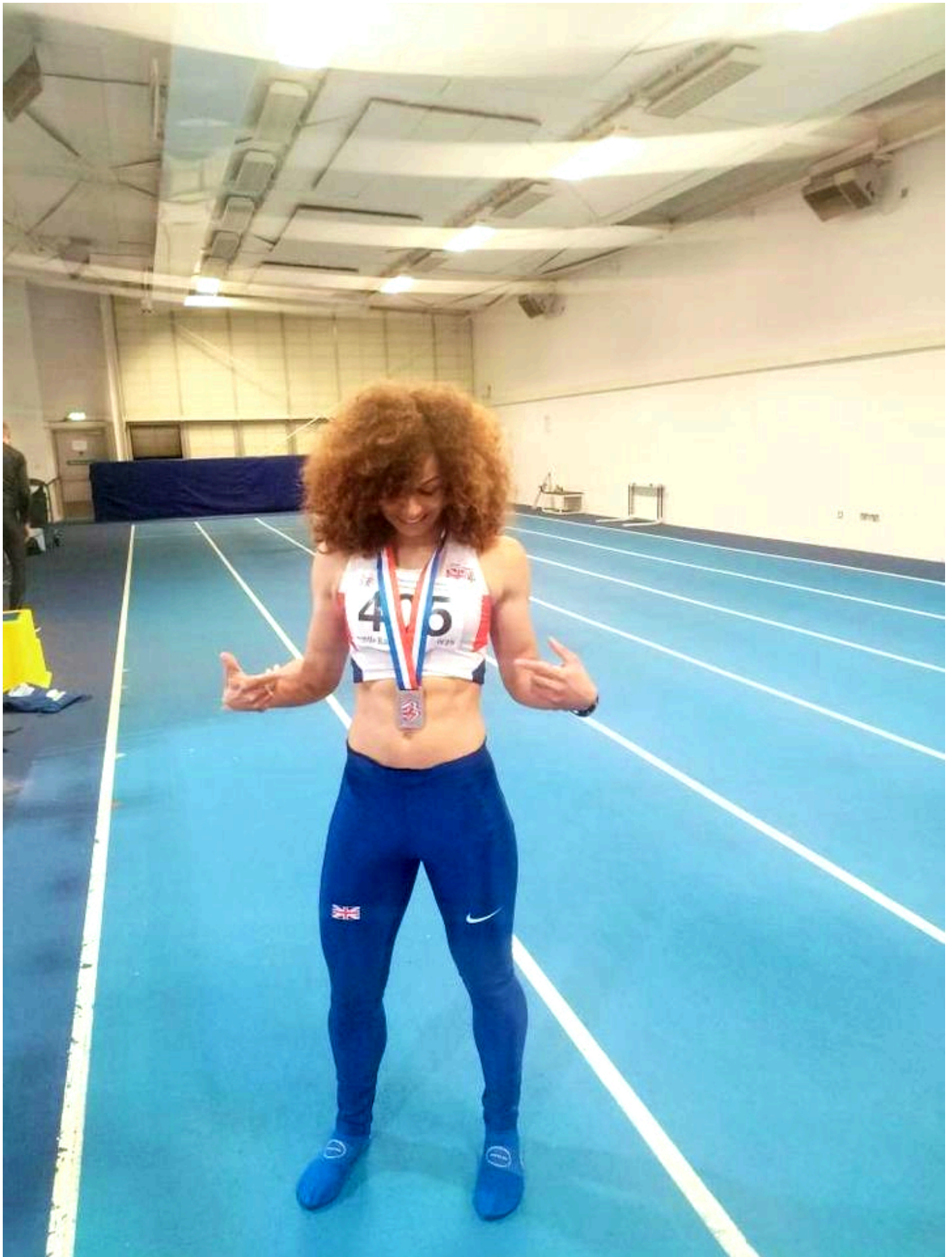
Speaking afterwards Krystle was eager to dedicate her run to former club President and long serving club member NICOLA HOPKINSON who sadly lost her long battle with cancer last week.

Krystle said

"In the 10 years I've been in the club, she was a lovely kind hearted person, who really dedicated a lot of her time to the club, organizing races, collecting subscriptions, being a race Official in so many Southern leagues and events, and training for marathons. I have fond memories of running in Cross Country races with her in the women's team, in relays and Elvis league runs, before transitioning from middle distance to eventually sprints.



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Pulse Under the Lights 5k

Battersea Park

16/02/2024

3 Ilford Athletes made their way across town to Battersea Park to compete in the Pulse Under the Lights 5k last Friday.

First up was Alex Richards, who continued his rich vein with a great run to take first place in the 2nd wave of runners. His time, very impressive 14.52, was not only a 46 second pb, but is the 5th fastest ever, by an Ilford athlete, for a road 5k.

Mungo Prior who as been suffering with both injury and illness recently had a solid comeback run with a time of 15.45

Jordan Hinds was in a high quality women's elite race. Jordan has struggled a bit this winter with a hip injury which has affected her track work, but on the road she is flying and produced a very good run, knocking 4



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seconds off her pb in clocking 18.38.

This moves her up to 7th fastest on the Ilford ladies all time 5k road list.

