



## **Colchester Zoo Stampede 10k**

Sunday 28th April

On Sunday Two Ilford AC athletes braved torrential rain and wind and an undulating course with their usual 'Eye Of The Tiger' spirit in the Annual Colchester Stampede 10K Road Race.

The race had to be delayed by 40 minutes due to other pandamonium getting people parked in time, which wasn't ideal in the wet conditions.

The race started and finished within the grounds of Colchester Zoo between the Elephant and Rhino enclosures and the route took in parts of the zoo before heading out onto the country lanes of Colchester before finishing back in the zoo grounds for the last kilometre.

First home for the club in a huge field of approximately 2000 runners was club stalwart, Terry Knightley in 48th position in a time of 43 Minutes and 24 Seconds to win the First Male Veteran Over 60 Prize.

Following him home in 379th Place was club Press Officer Billy Green 'Roaring' over the line in 53 Minutes and 10 Seconds claiming 12th in his age category

All finishers were rewarded with Free Entry to The Zoo and a themed Medal.



## Press Report 30th April 2024



















## LAST FRIDAY OF THE MONTH 5km

Hyde Park

Friday 26th April

The last Friday of the month 5k is held around the Serpentine in Hyde Park every month at 12:30pm, making it an ideal day out for those who are retired or 'work from home' .

Held on a flat, fast course, the race attracts almost 200 runners of various abilities.

April's race included two Ilford athletes, Adam Coals and Rob Sargent.

First home was Adam in 84th place overall, in a time of 20 minutes 58 seconds, with Rob coming home in 166th place in 29 minutes 43 seconds