



## Press Report 1st October 2023

### **Vitality London 10k**

Last weekend over 15,000 runners took to the streets of our capital city, for the iconic Vitality London 10k. Included in the line up were 7 runners representing Ilford AC

The race starts on the Mall, takes in such landmarks as Trafalgar Square, St Pauls, Horse Guards parade and Parliament Square before finishing in front of Buckingham Palace.

Leading the team home was Amin Koikai with an impressive 34:36 which placed him 93rd and 2nd in his age category.

Zuzana Sinalova led the ladies home with an impressive run of 42:38 which placed her 111th and 20th in her age category.

Billy Green was next home in a time of 50:56

There then followed 4 Ilford runners all finishing within a minute of each other, Sean Costello 57:35, Joe Ramen 57:52, Mandy Reid 58:11 and Pathrose Louis 58:39















Victality Westminster Mile



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The day before the 10k 3 Ilford runners took part in the Westminster Mile.

Stephen Philcox led the trio home in a time of 5m 20s to place 3rd in his age group, Alan Pearl was 6m 23s for 2nd in his age group and Julie Gillender 9m 55s for 11th in her age group.



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### **Inaugural Berlin 5k**

2 Ilford athletes took part last Saturday in the Inaugural Berlin 5k, held the day before the Berlin Marathon.

Ryder Islam had a very successful outing, placing 42nd and 2nd in his age group, recording a Personal Best time of 18m 02s. Ladies Team Manager, Carlie Qirem, was in Berlin supporting a friend in the Marathon and jogged round with her for the 5k in 32 minutes





### **Ipswich Half Marathon**

The Ipswich Half Marathon attracts over 10,000 runners, starting and finishing at Portman Road Stadium, home of Ipswich Town Football Club. Ilfords Jack Nixon did something Ipswich FC haven't been able to do this season by actually winning the race in a time of 1hr 08m 03s.



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### **Valentines park 2K**

Iford youngsters had a good turnout at the Valentines park 2K run held for athletes under 15 years of age.

Luke Thake took a very early lead and ran a very strong race to win in a new personal best of 7 minutes 5 seconds,

Luke was followed home in third place by his ever improving team mate Elias Furreedan also in a PB of 8 minutes 18 seconds.

Newcomer Ewan McKinstry showed great form and a glimpse of what is to come in the future with a great run of 8.25m to clinch 4th place

Hawaa Patel was first placed female in a time of 8.29m

Ever improving Iris Wan put in another PB performance to finish 6th place in a time of 8.48m

Iford sprinter Kenina Nkrumah turned her hand to the longer distance finishing 7th in a very credible time of 8.43m excellent for a first attempt at the longer distance.

Josh Denning achieved a Personal Best for the distance in a time of 8.57m despite missing the start of the race , finishing in 8th place

Future Iford AC youngsters Chloe Chissell and Archie McKinstry took on the course accompanied by their dads and finished in times of 12.26m and 14.13m respectively.





Iford AC youngster Chloe Chissell producing a great spring finish



Kenina Nkrumah and Iris Wan in close competition





Hawaa Patel in a race to finish eighth Ewan McKinstry and Elias Furreedan





2K team. Hawaa Patel, Iris Wan , Luke Thake, Kenina Nkrumah, Ewan McKinstry, Elias Furreedan and Chloe Chissell





Winner Luke Thake