



Neringa and IAC Farewell

Subject: Neringa and IAC Farewell

Message from Billy Green February 8, 2025 16:15

All Club e-mail messages can now be viewed via the Ilford AC web site link at

ilfordathleticclub.co.uk/messages

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Most of us will know Neringa, who was a very popular member of the club, both race walking, and later on running – both of which she excelled in.

One of our members 'Len Ruddock' has put together a fantastic interview with her, that is well worth a watch.

Details below:-

Hi Bill,

Please see below the YouTube link. It speaks for itself, mainly referring to her race walking career. However, from around 40 mins, it references her involvement with Ilford AC, both as a race walker and a runner. It covers her London Marathon experience and I was glad to have been able to include her final appearance in the Elvis 5 miles at Hainault Forest. Post race, I filmed Andy Catton's fine presentation speech and Neringa's emotional response. A fitting end to the video.

I hope you enjoy it – please feel free to distribute amongst the IAC guys and gals and I look forward to any comments that you may wish to make.

Kind regards,

<https://www.youtube.com/watch?v=RKLNK3TwuMc>