



Orion 15

Two Ilford AC Vets made the trip to Epping Forest for a crack at the Orion 15 hosted by our friendly neighbours Orion Harriers.

Seb Parris and Diarmuid Mac Donnell took to the trails on Saturday morning for the gruelling multi-terrain race which promised muddy puddles, log obstacles and 1450 ft of elevation gain. The race is punishing and this year incorporated the county selection for the British Fell Championships later in the year.

Weather conditions on the day were overcast and the course was unusually firm for March, even with a sprinkling of early morning drizzle.

In a stellar field of 270 entrants, both chaps put in brave performances. Seb Parris finished 70th in 2:08:27 with Diarmuid clocking 2:16:36 for 100th place.



BRENTWOOD HALF MARATHON

The 43rd Brentwood Half Marathon was held in good conditions over a gently undulating course through the Essex Countryside starting and finishing at Becket Keys School in the town centre.

Ilford AC had 9 runners in the field of over 1800 starters.

First home for the club was Richard Morris in 1hr 22.52, closely followed by Christopher King in 1hr 23:21. Steve Chissell was next home in 1 hr 34:19, followed by Alan Pearl, who claimed 1st place in the M65 grouping in a time of 1hr 41.59.

Making his debut at the distance was Michael Perkins, who came home in 1 hr 51.04, closely



followed by Stephen Lacey in 1 hr 52.27.

Ifords only female on the day was Joanne Reeves who was pleased with her time of 1 hr 58.24.

Iford's final two runners were both also making their debut at the distance, Sean Costello in 2:06:51 and Batmanaden Ramen in 2:15:33



WORLD MASTERS INDOOR CHAMPIONSHIPS

The 10th World Masters Championships are being held in Gainesville Florida and also feature a cross-country event and a 10km road race.

The cross-country was held over the grounds of a disused golf course so the 2km lap was mainly grass with a few slopes. Rob Sargent of Ilford AC took part in the 6km event in the M70 age group coming home 18th in 40 mins 52 secs. Combining with teammates Andy Murray, (Dulwich Runners) and David Profitt (Lliswerry) Great Britain finished 5th in the team championship

Rob will also be running in the 10km next Sunday



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