

ROAD

Essex AA and Suffolk AA County Road Relay Championships

Saturday 12th April

Colchester

Due to injuries and holidays, Ilford AC were only able to enter one team, Male Vet 50, in the prestigious County relay Championships on a very windy and blustery but sunny afternoon in Colchester at the weekend.

The team however delivered in style, finishing 2nd place and bringing home a well deserved county Silver medal. Steve Philcox was first off in the 3 x 3m relay with a time of 16:54, handing over to Berekhet Berakhy who clocked in at 17:02, handing over to Fabrizio Stafanoni who finished in 16:28 to secure 2nd spot in a combined time of 50 minutes 24 seconds to bring the Silver medals back to Ilford





EUROPEAN ROAD RUNNING CHAMPIONSHIP

Brussels

Sunday 13 April

The European Road Running Championship were held over the weekend in Leuven, a town not far from the Belgium capital of Brussels. The races, marathon, half marathon and 10km were open to all runners not just those selected to represent their countries. Ed Skinner and Rob Sargent travelled over and took part in the 10km. This race was on a dull and damp Sunday morning after 2 hot, sunny days although the rain held off while the race was in progress. Ed finished first of the pair in 58 mins 43 secs while Rob came home in spot 3015 out of the field of 4130 in 64 mins 20 secs, 2 ½ minutes faster than he ran in the World Masters 10km a couple of weeks ago.







TRACK

With summer and the warm weather fast approaching, several Ilford athletes have recently been hitting the early season track events.

First out of the blocks was Rhys Edwards who competed in a pre British Universities (Bucs) meeting at Stratford, Rhys took part in the 3000 steeplechase and showed that his winter training has gone well by knocking 22 seconds off his pb with a time of 10.58.03.

At the same meeting Jordon Duncan ran 400m pb in a time of 52.56, two weeks later Jordon improved his time to an impressive 50.87 at Lee Valley. It is hoped he will break 50 seconds at the Bucs champs at Manchester next month.

Many middle distance runners look to Watford for fast times and Samuel Crane and Jordan Hinds both attended the first open meeting of the season. Samuel placed 10th in his race, but knocked 3 seconds off his best in achieving 4.25.79. Jordan was a bit disappointed with her run in clocking 5.09.78

James Houghton who has recently moved to Ilford competed in the Havering AC Warm up meeting, James mainly an 800m runner dropped down to the 300m, and recorded a pb time of 41.18 in placing 3rd.

Samuel Crane was back on track at Woodford last Saturday setting his second pb of the season over 800m, after a fast early start, Samuel held second place reaching the bell in 62 seconds (probably a pb) the second lap was a bit slower, but he held onto second place in a time of 2.12.46. Rhys Edwards competed in the 2000sc and had a good run out, placing in 4th in 7.00.98.

Young Sprinter Donnell Oligie competed in both the 100m and 200m at Woodford and produced pbs in both events , clocking 11.92 for the 100m and 24.32 for the 200m.