



## **LONDON MARATHON**

27th April

Among the record finishers of 56640 at this year's London Marathon were 6 runners from Ilford AC. The warm spring sunny weather slowed many runners in the final few miles of the 26.2 mile course.

First home for Ilford was Richard Morris who finished in 3 hrs. 12 mins and 43 secs after passing the halfway point in 1hr 30mins 06 secs. Next in was Steve Chissell in 3 hrs. 31 mins 29 secs with Tarik Qirem recording 3 hrs. 51 mins 36 secs. Steve Lacey ran the course in 4 hrs 35 mins 24 secs The club also had two runners tackling the distance for the first time with Shahnaj Begum finishing in 4 hrs 38 mins 02 secs and Daniel Wheeler in 4 hrs 47 mins 17 secs





## **Friday Night Under Lights**

Battersea Park

25th April 2025

Two of Ilford's middle distance group took the roads for The Friday Night Under the Lights 5k race recently.

The FNUL series is a high quality series of races set around a fast course in Battersea Park. Samuel Crane and Ryder Islam both took part in the latest edition.

Both athletes were placed in the B Race. Samuel who has hit a rich vein of form recently continued this with an excellent 7th place in a time of 16.30, knocking almost 25 seconds off his best. This was his 3rd pb in recent weeks.

Ryder who has missed a bit of training recently, due to flying around the world with his marathon running mother, was not expecting too much, but maybe having some time off works as he came in 44th in a time of 17.30, which knocked almost 35 seconds off of his previous best and smashed the 18 minute barrier for the first time.