



Rayleigh 10

The Rayleigh 10k is a multi terrain, hilly course, through Hockley Woods in Essex.

The recent dry spell meant the ground was firm but some long hills and the heat on the day made for tough conditions for the 400 runners, including 2 from Ilford AC.

Billy Green came home in 55 mins 54 secs whilst Sharon Honey made a welcome return to competitive racing for the club, coming home in 72 mins 13 secs





Battersea Park 5k

Three Ilford runners took on the Battersea Park Midweek 5k, all achieving sub 20 mins and two achieving PB's over the distance.

First home was Tomas Krukauskas in 28th place for 18:08 and a PB, Joel Denning was next home in 50th place for 19:16. Second PB of the evening went to Anna Crawley who came home in 19:44 in 69th place.

It was a busy week for Anna, who completed the **Edinburgh Half Marathon** the previous week in a time of 1 hr 57 mins 52 secs

