

Press Report 26th July 2022



Harold Wood 5km Elvis Series – Race No 5 Wednesday 20 July There was an outstanding performance from the Ilford AC ladies team at the 5th round of this years Elvis competition winning the match with three runners in the top 4 and all scoring six in the top 20 The race was mainly on grassland in the Harold Wood Park and adjoining area with a number of challenging climbs. The Ilford Ladies were led home by Neringa Masilioniene who won the race convincingly heading the ladies field from the start in 18 mins 58 secs, which placed her 18th overall in the field. Jordan Hinds was third female and 27th overall in 20 mins 07 secs and Sameena Ahmed 4th female and 35th ...[Read more](#)

Press Report 19th July 2022



INTERNATIONAL World Masters Tampere, Finland Jun 29-Jul 10 Krystle Balogun donned her first British vest as she competed at the highest stage of all in the World Masters Championships held in Tampere, Finland. Competing in the W35 category in her favoured event, the 200m, she qualified for the final with a season's best performance of 25.92 into a slight headwind, a time that is just outside of her personal best. Despite being given an unfavourable Lane 8 in the final she ran true to form and finished a highly creditable 5th in a stacked final. A superb display of sprinting in her first international competition, she has her sights set on further competitions in the remaining 4 years/seasons left in the W35 category. A stalwart in Southern ...[Read more](#)

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