



## [ESSEX ROAD RELAYS – Results 16th March 2013](#)



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## [Racewalking Report – 12th March 2013](#)



REIS IS ON TRACK FRANCISCO REIS brought another National title to Ilford AC on a bitterly cold Sunday afternoon, not that conditions troubled competitors disputing the British Masters Athletics Federation National 3,000 Metres Walk, for it was at Lee Valley's centrally-heated indoor arena in North London. Reis was an emphatic winner, with a most impressive blast from gun-to-tape which none could match, seeing him finish in 13 minutes and 54 seconds which was well clear of 2nd placed former Olympic representative Ian Richards (Steyning AC). The Ilford athlete's performance drew praise from both from colleagues and rivals alike. [Read more](#)

## [National Title for Ilford AC Member – Racewalking 10th March 2013](#)



After a well-earned 5 months' lay-off following her Olympic appearance, Ilford's Bethnal Green-based Lithuanian International athlete NERINGA AIDIETYTE made it 3 wins from 3 starts since returning to action in late January. On a bitterly cold Sunday afternoon on a multi-lap course inside Hackney's Victoria Park, Miss Aidietyte won the National 10 Miles Women's Championship "by a distance" to borrow a term from the turf. From the gun the Ilford star went clear of all rivals and pressed on; without chasing company offering any threat, to clock an excellent 79 minutes and 43 seconds at the finish, streets ahead of 2nd place Lauren Whelan (Belgrave harriers). On the same programme was the National Men's 10 Miles, in which Ilford AC went to ...[Read more](#)

[BMAF - Lydd Half Marathon ....plus Indoor BMAF T&F Champs Lee Valley - 10th March 2013](#)



Lydd Half Marathon, incorporating the British Masters Athletic Federation (BMAF) and Southern Counties Veteran Athletic Championships (SCVAC) Seven runners from Ilford AC travelled down to Lydd in Kent on a cold Sunday morning to compete in the British Masters Half Marathon Championship, and came back with a haul of 5 medals. The race which was held in conjunction with the annual Lydd event which attracted a large field of just under 600.



## All News Items

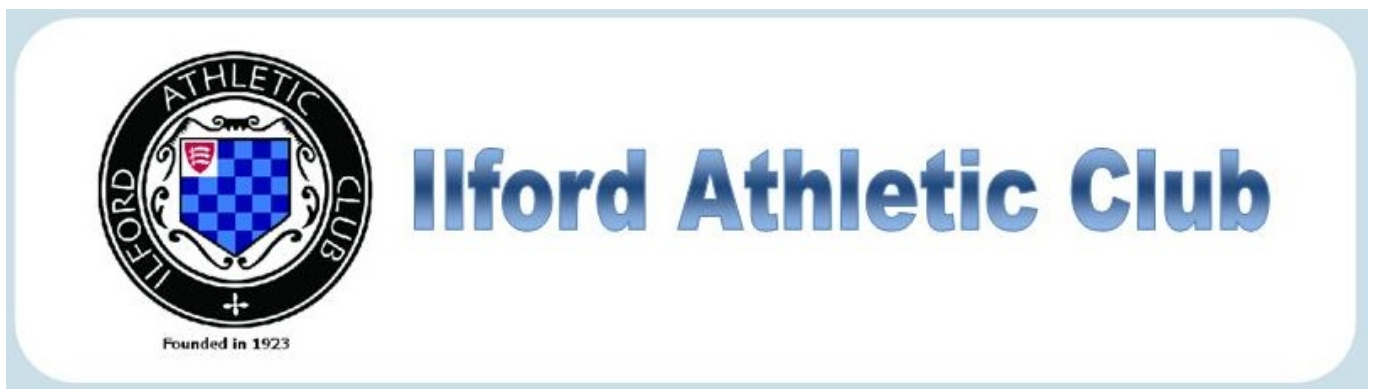
The course was flat and fast and with the race being near the coast the Easterly breeze off the North sea add a wind chill to the 2C temperature at the start. Malcolm Muir put in an excellent performance to finish second overall in a closely fought battle with ...[Read more](#)

[Youngsters edge Ilford Walkers Out - 03/03/2013](#)



FRANCISCO REIS and captain STEVE UTTLEY were the pick of Ilford's walkers contesting Saturday afternoon's Winter League 5 Kilometres race at Bexley, over 4 testing circuits of an "around-the-houses" course. From the 'off' precocious 16 year old CAMERON CORBISHLY (Medway & Maidstone AC) stormed into a lead which was held until the tape was broken in 22 minutes and 46 seconds. In an isolated 2nd place was Ilford's Francisco Reis who also recorded an excellent time when stopping the watch at 23.52. Ilford's Captain Steve Uttley had a race to remember for he recorded his fastest 5 Kilometres time in over 6 years after a 'nip-and-tuck' battle with another promising 16 year old in Tonbridge AC's Guy Thomas. Each got ...[Read more](#)

[Roding Valley Half Marathon 03/03/2013](#)



There were two runners from Ilford AC in action in last Sunday's Roding Valley half marathon.



## All News Items

Breege Nordin was in good form finishing 8th in the ladies race and taking first place in the F55 category with a time of 1hr 38min 32 secs. Team mate Satha Alaganandasundaram recorded 2h 07m 41s. [Read more](#)

### [Trophy Moments From The Essex 20](#)



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### [Photos of The Essex 20 Race](#)



Photos By Kim The Blur of the Essex 20 [Read more](#)



## Elvis 2013 Event dates



Suggested: D88 22nd May Wednesday 7.30pm 5M(ish) Eastbrook End Park Confirmed: Orion Harriers 1st June Saturday 10.00am 5M Chingford Plan Confirmed: Havering 90 Joggers 11th June Tuesday 7.30pm 5M Raphaels Park Confirmed: Ilford AC 3rd July Wednesday 7.30pm 5M Hilly Hainault Forest (Two Brewers) Confirmed: Eaton Manor AC 14th July Sunday 10.30am 5K Confirmed: Barking Road Runners 26th August Monday (BH) 10.30am 5K Barking Park Confirmed: Ilford/East London Road Runners 29th September Sunday 10.30am 5K Valentines Park [Read more](#)

## Midweek Indoor Middle Distance Races - Report 25/02/2013



A group of four endurance athletes from Ilford AC took part in an evening of 800m and 1500m at the indoor track at Lee Valley Athletics Centre. Tom Gardner was the best of these and took part in two races. In the 800m he recorded 2 mins 05.20 secs and followed up with



## All News Items

a recording of 4m 17.89s for the 1500m. Steve Philcox ran his heat in 4m 38.25s while Sam Rahman improved his personal best for the distance to 4m 40.25s and Kevin Newell finished in 4m 50.47s. Sprint coach Jeffrey Nkrumah entered his squad in the 800m for some over distance work and also ran himself. He showed his athletes the way home in 2m 15.25s and was ...[Read more](#)

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