



Ilford AC Endurance Group

# Ilford AC Endurance Training Group



Ilford AC's Endurance Training Group promotes running and a healthy lifestyle among its members. This is achieved by providing coaching towards long term development of athletes at middle and long distance. We welcome anyone who recognises the need to use a structured approach towards improvement and believe that anyone can improve their running, no matter their initial standard.

## Information about the group



## Ilford AC Endurance Group



Ilford AC has a large, and continuously growing endurance squad made up of male and female runners of all abilities and ranges from young 20 somethings to over 70s. The team compete in a range of distances and events all year round, with members of the group seeing their performances continually improve. Rob, the coach, has tagged his group as “The Warriors of Time” named after a song from the group Black Tide for in his own words “We fight against the clock in races and age in life”.

The group meets three times a week for training. Details of the current weeks’ schedule is given below:

Tuesday	Track	Cricklefields stadium	6.45pm
Thursday	Hills\Tempo	Hainault	6.45pm
Sunday	Long Runs (6 miles+)	Hainault	9.30am

\*Please note this changes every week.

For full details email using the Contact Us page [Endurance](#) contact

We welcome you especially if you:

- Are new or coming back to running
- Are a long term runner but want to improve (you can be a member of another club)
- Have a target race and need more structured progressive training
- Want to make new friends through running



## Ilford AC Endurance Group

More details:

- Train and compete as part of a team
- Ages 17 years plus to 70 years plus
- Distances 5km- marathons
- Road running, Cross Country and track (including the ELVIS series, see Elvis page for more information)

### **Coaching Staff**

The group has a coaching staff of six led by Rob Sargent - UKA Level 3 endurance coach and on the England Athletics Development programme.

#### **Coach**

Rob Sargent



#### **Assistant Coaches**



## Ilford AC Endurance Group

Neil Crisp



Steve Cheal



### **Run Leaders**

Bill Green Robin Davies Suki Jandu

### *Highlights of improvement over the last year*

- Blair McWhirter improved to 2h 23m 27 s placing 25<sup>th</sup> in the London Marathon
- Satha Alaga lowered his marathon time by 41 minutes recording 4h 2m 39s at London
- Declan Cullen was another with a big improvement in the London Marathon finishing in 3h 40m 35s, a new best by over 48 minutes
- Jenni Sheehan lower her 10 mile time by 7 minutes to 74m 43s
- Sam Rahman lowered his best 10km performance to 35m 52s from 37m 24s