

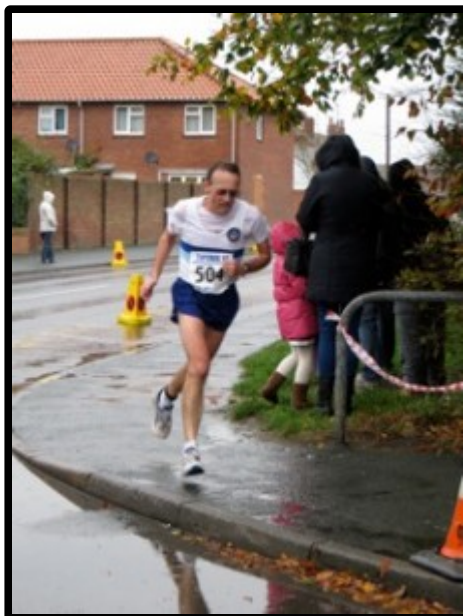


Ilford AC Press Report 30/10/2012

It was a busy weekend for the endurance squad of Ilford AC, with runners in action at 4 different venues. The main events was the Tiptree 10 mile road race, which incorporated the British Masters Championships. The race was held on a chilly morning in light rain over a potentially fast rural course. It was a good day for the club as they brought won 3 individual and 3 team medals. First home for Ilford was Malcolm Muir in 10th, pace in a field of nearly 500, in 56 minutes 19 seconds to take silver in the M35 category. Next up was Kevin Newell in a personal best time of 59m 35s for 20th to win the bronze medal in the M35 age group. Steve Philcox recorded just inside the hour with 59m 54s for 23rd and combined with Muir and Newell to win the British Masters 10 mile team title. Neil Crisp was also in good form with a new best time of 61m 27s in 33rd spot leading home Terry Knightlry (44th 62m 32s) and Andy Catton (84th 67m 54s) to take 2nd place and the silver teams in the M45 team contest. There was also success on the ladies side. Local legend pam Jones won her 6th W75 title of the year as she triumphed once again in 89m 25s. Dianne Crisp was another with a new personal best as she came home 4th in the W50 agegroup in 74m 29s, while Nicola Hopkinson was 6th in the same category in 79m 56s. These 3 combined to take the silver medal in the W45 team race. Billy Green set a new best time of 86m 19s, as did Rachel Allen with 90m 38s. Also representing the club were Rob Sargent (155th 75m 32s) Graham Williams (232nd 81m 47s) and Carol Muir (105m 55s) Steve Parker battled heavy rain and high winds to complete the Venice marathon in 3h 50m 39s. On the south coast at Portsmouth Tony Hyde finished the Great South 10 mile run in 62m 40s in 127th in a mass participation event. Three of the club's newer members were in action in the Run to the Beat half-Marathon at Surrey Quays. Paul Holloway came home in 1h 32m 03s with Paul Charters finishing in 1h 40m 53s and John O'Sullivan in 1h 53m exactly. Hank (in many wet bushes) Selection of photos from Tiptree 5 attaced













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