



## Racewalking Section 26/05/2013

### BRONZE IN THE SUN FOR BENNETT

Ilford's STUART BENNETT was the pick of Ilford's walkers on a hot Sunday afternoon at Chelmsford's Melbourne Park Stadium as he claimed the individual bronze medal in the 3,000 Metres Walk clocking 16 minutes and 28 seconds. The race for gold and silver was effectively over as soon as the gun went, for Commonwealth Games representative Dan King and his Olympian twin brother Dominic of Colchester Harriers strode to the front and held their fast pace to finish 1st & 2nd respectively. Bennett, with a sub-2 minutes' opening lap, held on for 2 laps before setting into his own pace to complete the frame.

An interested spectator was Ilford AC Life Member and Olympian Roger Mills, who'd won this title many times in his extended heyday. Ilford AC member Michael Croft was Chief Judge and awards were presented by Essex County President Claire Levy, another Ilford AC member.

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