



VAC 5 mile road Championship – Tuesday 18th June

A group of 4 from Ilford AC travelled to London's Battersea park for the Veterans Athletic Club, which is only open to runners over 35 years, 5 mile road championship. The race is held on the roads in park on a fast flat course but the muggy conditions made it hard going for the competitors.

The recent success for the club continue as Steve Philcox won the championship, and the gold for the M45 category, in a new personal best time of 28 mins 04 secs. The M55 age category was won by Steve Parker, who was 6th overall, in 34m 17s, with club coach Rob Sargent taking the silver medal in this group in 37m 50s. Ilford's only female competitor Nicola Hopkinson, who ran carrying a slight injury, was 6th in the ladies race winning the F50 grouping.

Report by Hank in the Bushes

SCVAC league Match 3 – Monday 10th June.

Malcolm Muir's busy evening started with the triple jump where he placed 5th with 6m 86 (PB) before lining up for the A string 100 to clock 14.2s for 7th. Kevin Newell filled the B string finishing in 16.6s for 7th. Edward Skinner competed in the 50+ age group to finish 6th in 15.1s.

In the 400m Malcolm finished 4th in 59.4s and Kevin covering B string finished 3rd in 73.0s. Edward came home in 66.8s for 5th.

Malcolm, Stephen Philcox (B string) and David Butler (50+) competed in the 1500m. Malcolm's run of 4:20:8 secured 2nd place. Stephen produced a PB of 4:31:9 to claim B string 2nd place and David's run of 4:38:9 won his age group.

The longest track distance of the evening was the 5000m. Malcolm ran tactically to move away from the field in the last few laps to win in 16:43:4. David Butler went with the pace as long as possible to come home in 17:01.1 to win the 50+ category. Kevin Newell's time of 19:00:2 claimed B string 2nd place and John Batchelor saved a little to take 2nd place in the last lap of the 60+ age group finishing in 20:29:0. Rob Sargent competed as



Ilford AC Press Report Week Ending Sunday 23rd June 2013

a non-scorer to finish in 22:14:9.

Meanwhile in the 50+ field events Peter Whiting leapt 8m 53 in the triple jump for 3rd place. His shot put of 7m 57 placed him 5th and his discus of 23m 58 secured 3rd.

Henry Ricketts covered A string shot put and discus to finish 5th and in both events with distances 7m 23 and 19m 46 respectively.

The final event of the evening was the medley relay – 2 x 200, 400 and 800. The team of David, Rob, Stephen and Malcolm came home in 4:45:4 to finish 5th.

On the evening the team finished 3rd and are also placed 3rd overall in the standings after match 3.

Breege Nordin also competed as a non-scoring athlete in the 400m and 1500m. She placed 4th in both events in 79:6 and 5:46:8 respectively.

Thanks to Claire Levey who officiated for Ilford.

The team move on to the last match at Hemel Hempstead on Monday 8 July.

Report by Henry Ricketts

ORION HARRIERS JOHN CLARKE MEMORIAL FELL RACE – Friday 21st June

Two members of Ilford's distance squad competed in the only fell race within the M25. Held over a tough undulating course over 5km Kevin Wotton was first home in 17th position in a time of 25:21. Billy Green was 88th in 35:48, Also competing was Chris Evans who finished in 96th in 39:19.

Report By Neil Crisp